

One carjack every day

Police statistics released this week show that at least one car is stolen a day in Portugal where motorists are forced out their vehicles by gun-wielding criminals. Police add that around 80 percent of carjackings occur between 8pm and 5am.

Interview with Kate and Gerry McCann

This week Kate and Gerry McCann spoke to Portuguese-based media, revealing their constant anguish of not being with their daughter. (See Page 3)

Fake priest flees country

The bogus priest, who performed countless religious ceremonies, including weddings, funerals and baptisms in the Algarve, Oporto and Braga, (see last week's edition of **The Portugal News**) appears to have fled the country, in an apparent effort to avoid facing the charges that have been brought against him both civilly and criminally.

Lisbon reveals world's Wonders

This Saturday, the grand revelation of the New Seven Wonders of the World will take place in Lisbon at a ceremony at Benfica's stadium, that is set to be watched by hundreds of millions of people across the globe. (See Page 5)

Security at its highest for EU presidency

Despite discounting any imminent terrorist threat, Portuguese officials have mobilised their biggest-ever security operation, for the six-month European Union presidency that Lisbon assumed on Sunday. (See Page 7)

Weekend weather

Lisbon: Saturday: Sunny, high of 27° Sunday: Sunny/Windy, high of 24°.
Faro: Saturday: Sunny, high of 28° Sunday: Sunny, high of 27°.
Oporto: Saturday: Mostly Cloudy, high of 23° Sunday: Cloudy, high of 21°.

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Brussels slaps Portugal with ultimatum to change car taxation

CAR TAX BUNGL

In a move that could plunge the state of Portugal's finances into disarray, the European Commission has this week told Lisbon to change its laws regarding the inclusion of the amount of their car registration taxes within the taxable amount of VAT on new cars. Calculations show that cars in Portugal are up to seven percent more expensive due to the misapplication of VAT by the state. A number of fiscal experts have already said they would recommend consumers seek to retrieve unduly made VAT payments, while consumer rights groups have pledged to back motorists all the way to the taxman's coffers.

Car Tax, see p. 6

"It's not too late to give her back" -Kate McCann



Kate and Gerry McCann pictured in Praia da Luz on Tuesday, two months from the day of Madeleine's disappearance. (Photo: Darren Fletcher). See story page 3

“It’s not too late to give her back”, says Kate McCann



As the world rugby champions joined in ensuring that the profile of Madeleine McCann remains high by wearing T-shirts showing her face at their training camp in Portugal, Kate and Gerry McCann spoke to Portuguese-based media, revealing their constant anguish of not being with their daughter.



Kate and Gerry McCann (Photo: The Portugal News / Paul Luckman)

Held on Tuesday, July 3rd, which also marked the second month anniversary of Madeleine's disappearance, the McCanns exhibited their customary composure, though appeared nervous at the outset of the interview, conducted by three journalists representing television, radio and the written media.

Having moved to their new accommodation, which Kate and Gerry have requested not be disclosed, the interview was held in Praia da Luz in an office at the Ocean Club's 24-hour reception area.

Clutching Madeleine's toy 'Cuddle Cat' in one hand and husband Gerry's with the other, Kate was more subdued, though spoke assertively whenever she answered a question.

Despite their quiet-spoken nature, the emotion that one senses to be hiding just behind the surface of the McCanns' apparent composure is contagious and almost tangible.

One of the journalists present at the interview and who has accompanied the case from Day 1, admitted that she was so taken by the couple that she lost herself, and had to hold back her tears.

The questions were agreed to by the three journalists prior to the interview.

Answering the first question, "How would you summarise the past 60 days?" Gerry repeatedly said: "It is incredibly hard without Madeleine", though he emphasised the importance of the "goodwill and support received from around the world".

Kate and Gerry, while they have no international trips planned for the near future, are looking "to make as many people as possible aware of Madeleine", which could be done by advertising campaigns in Portugal and in Spain, and possibly

other European states.

On how long they intend staying in Portugal, Kate answered: "At the moment we are just taking one day at a time. We are not looking far ahead".

Gerry admitted: "We are committed to staying and we feel closer to Madeleine here. Also, it has been such an active investigation, with so much information coming through, and for the time being we would like to stay here. It is more practical. For the foreseeable future we will remain here."

Questioned over speculation that the McCanns no longer intended working as doctors, Gerry said: "Right now we are not capable of working as doctors. We still feel a lot can be done by ourselves. What we don't want is to look back in another three or four months and say we wish we had done this or that. At the minute the decision is we will stay in Portugal, though we are regularly reviewing our situation, but we are not ready to go back to work."

Kate added: "Our main job and our main priority is to find Madeleine."

As to the reasons for the McCanns opting to stay in Portugal, Kate said she "feels closer to Madeleine here", while Gerry indicated that the dynamic nature of investigations in Portugal makes them feel they should remain here.

The reasons their ordeal has attracted more attention than possibly any other child abduction in history?

"It is an interesting question", said Gerry. "I thought I could give you all the answers, but there are a number of circumstances, and I think that the fact that the abduction of foreign children in a foreign country played a part and then the other aspect of this is that we and our family and friends have decided to campaign to maximise the media exposure, and

electronic media which started a chain, and that had a huge impact over the first 24 hours. All I am doing is to maximise the search for Madeleine", added Gerry.

The McCanns also requested that any leads be taken to police (and not them).

When the final question was posed, "What message do you have for Madeleine's abductors?" Kate looking directly at the camera, launched an impassioned plea, saying: "It is not too late to give her back."

The McCanns, before ending the interview which was limited to 20 minutes, expressed gratitude towards the Portuguese people for all their support and patience.

After the interview, Gerry posted this comment on www.findmadeleine.com: "We did a single interview today for the Portuguese media. The interview marked the fact that it is two months to the day since Madeleine was abducted."

We also want to work closely with the media here in Portugal and engage closely with the Portuguese people who have been so supportive.

We were asked what was the hardest day since Madeleine disappeared and replied that every day has been hard without Madeleine. We also stated that our determination to find Madeleine is matched by the Portuguese police and that we have a good working relationship with them."





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Campaign launched after rare disease claims baby's life

Benjamin McCall Rafael baffled doctors for the duration of his short life. Born on October 12th, 2006 in Lisbon's São Francisco Xavier Hospital, Benjamin is believed to have been the first person in Portugal to suffer from the extremely rare Pallister-Hall syndrome, of which there are only 100 documented cases in the world.

His determination and will to survive gave parents Pedro and Samantha Rafael an unanticipated seven and a half months to share with their son, time they were not sure they would have.

They are now using their son's fighting example to raise awareness concerning the disease as well as raising money to donate to under-funded children's units in hospitals around Portugal.

Benjamin was the Rafael's second son, brother to seven-year-old Alex and a much-wanted baby. The first signs of complications were detected during the 20-week scan, which showed a mal-formation of the heart, an extra digit and a cyst on the head.

A termination was offered, though specialists also suggested most of the problems could be surgically resolved.

As the unborn baby was dearly sought, the Rafaels decided to let nature take its course despite many friends and family offering advice to the contrary.

It was through Samantha's own research that the Pallister-Hall syndrome was suggested.

Despite not yet being fully



L-R: Professor Carl Sheard, year 12 student and editor of the school magazine Ed Baker, and Baby Braveheart's mum, Samantha Rafael.

A cheque was presented to Samantha Rafael during the school's end-of-term assembly, witnessed by other parents and all of the students and staff.

At an emotional ceremony, Carl Sheard, Samantha's stepfather and a teacher at São Lourenço described his stepdaughter as "An inspiration who even in her deepest depths of despair strove to find good in the situation and give hope to others".

Mr Sheard, a biology teacher, was responsible for introducing the school to Benjamin's plight, a cause that both children and adults compassionately took to and made their own.

Accepting the cheque, Samantha broke down momentarily as she whispered, "I always intended to bring Ben to see you", and said an "enormous 'Thank You'" to all those who helped in the fundraising. The money raised is already being put to good use, supporting the campaign for better paediatric facilities at Faro hospital.

New equipment has already been ordered and will be installed shortly.

A series of fund-raising events are planned for the duration of the year, and more information on events, donations, and the syndrome can be found on: www.babybraveheart.com.

The Rafael family would especially like to thank family and friends, São Lourenço International school, CTT-CDP Albufeira, Jeropa Travel Agency, the Algarve Auctions, everyone else for their thoughts and donations, and all the hospitals involved for their dedication towards baby Benjamin.

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confirmed (tests are currently being carried out in the USA), national doctors and specialists are "99.9 per cent sure" that Benjamin was Portugal's first case of the rare condition.

Born by caesarean, Benjamin spent the first 24-hours of his life on a ventilator, though proved able to breathe unassisted. A week later a rare and benign tumour was detected. In December, Benjamin was operated on to remove the growth, and was allowed to spend Christmas at home with his family.

Throughout the following months the infant recovered from heart surgery and fought aggressive illnesses including bronchitis, pneumonia, and septicaemia.

He finally gave up fighting on June 2nd, 2006, aged seven and a half months, five and a half of which had been spent in hospital.

Even though his battle was lost, Samantha and Pedro have nothing but praise and admiration for all hospitals and their staff involved in helping the family, not only for their medical expertise, but also for their 'human touch' and emotional support during the treatments.

Braveheart is a nickname fondly and fittingly given to Benjamin, derived from his Scottish ancestry. It is also the name of the website and foundation created in his memory and which will hopefully improve the condition of children's units in hospitals around the country.

Samantha's ultimate goal is to purchase state-of-the-art ultrasound scanning equipment for babies conceived with rare and genetic diseases as well as for premature babies—a goal that will

require €55,000, and one that she is determined to reach.

Keenly involved in the mission is the São Lourenço International School, who through charity-raising events collected €1,400 for Baby Braveheart's fund. Students, parents, teachers and staff organised cake-selling events, barbecues, quizzes and sponsored non-uniform days, which in total raised €1432.24.

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Wonders revealed this weekend



This weekend, on Saturday July 7th, the grand revelation of the new Seven Wonders will be taking place in Lisbon at a ceremony that will be watched by hundreds of millions of people across the globe. Simultaneously, seven landmark monuments chosen from 21 national candidates for their historical and present importance will be revealed during a ceremony held at Benfica football club's home stadium, the 'Stadium of Light', in Lisbon.

Amongst the 21 possibilities, judges will be able to choose from the Castelo de Almoural (Vila Nova da Barquinha, Santarém), a high-walled castle with nine towers located on a small island in the middle of the Tagus river, the Castelo de Guimarães (Guimarães, Braga), and the castles of Marvão (Portalegre) and Óbidos (Leiria).

Various convents and churches comprise the list, including the famous Convent and Basilica of Mafra (Mafra, Lisboa), and the São Francisco and Torre dos Clérigos churches, in Oporto.

Representing the Algarve is Sagres Fortress, positioned on the edge of a cliff in the South-west Alentejo and Costa Vicentina Natural Park. It was remodelled extensively in the

mid-18th century and remains one of the region's most visited and mysterious monuments.

Coimbra University is a strong contender due to its renowned architecture and the National Palaces of Pena and Queluz (Sintra, Lisbon) also offer strong competition.

Also in the running is one of Lisbon's most famous monuments, the Torre de Belém, as well as a Roman Temple found in Évora, which was Portugal's first ever great archaeological discovery.

Joining together to celebrate the New 7 Wonders of the World a wide variety of illustrious personalities from different walks of life will take part in the ceremony.

All eyes will be on Benfica Stadium as the New 7 Wonders are announced. The show will be

hosted by Bipasha Basu, Hilary Swank and Ben Kingsley. It will include performances by Jennifer Lopez, Dulce Pontes, Chaka Khan, Jose Carreras, Alessandro Safina and Joaquín Cortés. Special guests are to include legendary astronaut Neil Armstrong, football hero Cristiano Ronaldo, record-setting balloonist Bertrand Piccard and, of course, the President of the New7Wonders Panel of Experts, former Director-General of UNESCO Prof. Federico Mayor. The gala show will be choreographed by Canada's renowned Olympic ceremony veteran Jacques Lemay.

The event will take place at Portugal's largest venue, the Estádio da Luz (known to many as Benfica Stadium), starting at 21:30 and ending at 23:00.

The latest published polls show that the top ten most voted sites are, in alphabetical order: The Acropolis, Chichén Itzá, the Colosseum, the Eiffel Tower, the Great Wall of China, Machu Picchu, Petra, the Statue of Christ Redeemer, the Statues of Easter Island, and the Taj Mahal.

The bottom ten are: Angkor, the Alhambra, Hagia Sophia, Kiyomizu Temple, the Kremlin and St. Basil's Cathedral, Neuschwanstein Castle, the Statue of Liberty, Stonehenge, Sydney Opera House, and Timbuktu.



Above: The Mateus Palace in Vila Real, candidate for the Seven Wonders of Portugal. (Photo: Lusa / Pedro Sarmento Costa)



Another candidate for the Seven Wonders of Portugal: Jerónimos Monastery in Lisbon. (Photo: Lusa / Inácio Rosa)

Lisbon airport fourth noisiest

The Lisbon International Airport at Portela is fourth on a list of European airports when it comes to the negative effects it has on people living in its vicinity, a study by a British non-governmental organisation has found.

According to the study by Greenskies, published earlier this week, 180,000 residents in the Portuguese capital are directly affected by the airport at Portela.

Topping the table is London Heathrow, with 504,000 affected people, followed by Tegel Airport in Berlin (360,000) and Charles de Gaulle, Paris (216,000).

On a par with Lisbon are de Orly (Paris) and Hamburg (Germany). In Lisbon, the number

of night flights represented five percent of the traffic, while Heathrow reaches 14 percent, followed by Tegel (ten) and Charles De Gaulle (six).

Greenskies further explains that 600,000 nocturnal flights take place in Europe each year. Research indicates that prolonged exposure to noise (between five and 30 years) from air traffic, at between 65 and 70 decibels, causes an increase in blood pressure and could also result in hypertension.

Portugal third biggest visitor to Brazil

Portugal's tourist flow to Brazil was the third highest in 2006, behind Argentina and the United States, officials announced.

Brazilian Tourism officials said that a total of 312,52 Portuguese nationals visited Brazil in 2006 maintaining the country's position as the third most important tourism source, a ranking led by Argentina (921,06) and the United States (721,63).

According to the National Tourism Institute, the Portuguese tourist flow to Brazil increased 78.6 percent between 2003 and 2006. Lisbon's investments in the sector through 2009, it added, reached about 280 million euros.

Although last year's 5 million tourists represented a decline of 6.3 percent in comparison to 2005, when Brazil welcomed a total of 5.4 million visitors, tourist expenditures in the same period increased 10.2 percent to US\$4.3 billion, driven by increased purchasing power, according to official figures.

The crisis of the national air carrier Varig, which led to a decline of flights to foreign countries, is viewed by the same source as one of the main reasons for the reduction of foreign tourism in Brazil. TPN/Lusa



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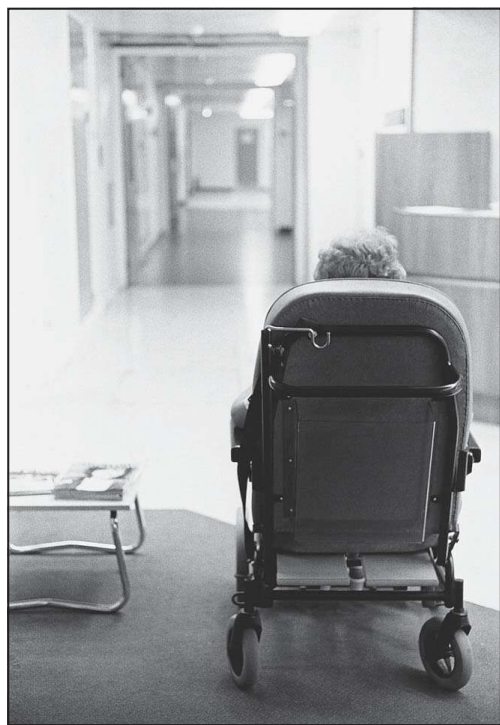
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Improvements ahead for Portugal's care services

Christina Toft explained to **The Portugal News** how she and her team of highly-qualified trainers would be setting up a centre in the Algarve to help train and develop Portuguese and other EU students in the field of care for adults and children. It will be the first of its kind in Portugal.



"While the number of children's crèches in Portugal is rising, it appears there are not enough fully trained child carers to go around," she said. Christina pointed out that as more mothers are forced to go out to work, many of their children are being cared for by people who have probably received no training in childcare.

She will also be providing training for those working with adults in care.

Christina is confident that her help programme will receive EU funding and said it will specialise in training and provide UK National Vocational Qualification (NVQ) assessors to help Portuguese carers become fully qualified under UK and EU regulations in looking after vulnerable children and adults.

For the past 42 years Christina has dedicated herself to caring both within the field of nursing and social work. Christina is a qualified nurse and social worker and was awarded her NVQ certificate in 1987.

She said that in 1998 nearly 80 per cent of all care workers in the UK were unqualified – as is more or less the situation in Portugal today – but the introduction of the NVQ scheme quickly reversed the trend.

In 1993, Christina took the bold step of setting up her own social care training company and NVQ Assessment Centre, Corporate Image Training Limited in West London, and has since provided training to more than 7,000

people.

The assessment centre is subject to stringent biannual inspections, and to date it has received top marks for the professionalism and dedication shown by its staff towards developing the skills of trainees who go on to work within local authority centres, and the private and voluntary sector providing treatment for the adult sector and children and young people in social care.

Christina and her team are looking to establish their training centre for carers in the central Algarve, and are presently searching for suitable sites, one of which is a former primary school located near to São Brás de Alportel.

Christina's team of trainers say they can help trainees achieve the UK NVQ within 12 months, which greatly assists them in gaining a full degree in social care much quicker than they would otherwise be able to.

For further information please contact Christina on 912025312 (mobile) – 289 845 658 (landline) or email: christinatof@sapo.pt

Earthquake of 5.3 goes unnoticed in Algarve



Despite having its epicentre located closest to the Algarve, an earthquake last Sunday measuring 5.3 on the Richter scale went largely undetected in southern Portugal.

While Northern District Civil Protection Commands (CDOS) received a number of phone calls reporting an earthquake, commands in the Algarve said no calls had been received whatsoever, and that the significant quake appeared to have gone unnoticed.

While the Algarve remained oblivious to the four-second tremor, central officials in Setúbal

confirmed a number of call-ins, though none requested help or assistance.

The epicentre, confirmed by the National Meteorology Institute, was located near the Gorringe trench, which is situated mid-Atlantic 280 kilometres west of Sagres, Southern Portugal, in an almost direct line between the continent and Madeira.

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Car Tax, from p.1.

Portugal has been given two months within which to bring its road taxes in line with European Union legislation.

While this EC ruling could cost the Portuguese state billions of euros in unduly claimed and future taxes, the government has, since the ruling, opted to maintain total silence on the matter.

The EC this week found registration tax should not be included in the taxable amount of VAT. This move by Brussels comes in the shape of a reasoned opinion (which is the second step of an EU infringement procedure).

Portugal includes the amount of its car tax (*Imposto Automóvel*) within the taxable amount of VAT, which the EC says constitutes a tax of a tax.

The EC bases its findings on a ruling by the European Court of Justice against Denmark for a similar offence.

The Court ruled that, in the context of a contract of sale, providing the dealer supplies a vehicle registered for a price, which includes the registration tax (RT) he paid before supplying the vehicle, the amount of that duty must not be included within the taxable amount of the VAT charged on the sale of the vehicle. This is because, firstly, the RT is charged by reason of the registration of the vehicle and not by reason of the supply and, secondly, because the RT is paid by the supplier of the vehicle on account of the purchaser.

The Commission explains that the car taxes levied in Portugal, despite some minor or ancillary differences, are basically identical to the Danish one examined by the Court. Thus, all of them are one-off taxes which are payable on the acquisition of the motor vehicle or as a condition for bringing it into use on the terri-

tory of the member state concerned.

The rules on the taxable amount of VAT having been harmonised at EU level, the uniform application of those rules is an essential condition for the proper operation of the VAT system. The EC has taken the view that the criteria of the Court in the case against Denmark must be applied to the car taxes levied in Portugal.

The Association of Automobile Commerce (ACAP) has welcomed the EC ruling, arguing that the current model followed in Portugal is "contrary to European law". The association added that it has already sought legal advice to confirm the illegitimacy of the car tax law, and will be presenting its position to the Ministry of Finance.

With the new road tax coming into force on Monday, sales in June were dramatically distorted.

Despite claims by the government that cars would be cheaper by an average of ten percent, the arrival of the new car tax resulted in a rush to purchase new vehicles.

Commercial vehicle sales soared by 104.3 percent, while sales also jumped for people carriers and larger saloon vehicles.

Meanwhile, the ANECRA car association has said that buying a new car will be cheaper by between 1.26 and 7 percent, were the government to be forced into complying with community legislation.

However, respected tax expert Manuel Teixeira Fernandes has warned that the government will find ways to recover lost VAT revenue. He predicted, "The government will probably increase the car tax to compensate a loss in revenue".

But the consumers who stand to gain most from the EC's ruling this week are those who have al-

ready purchased vehicles and were forced to pay 'tax on a tax'.

A former state secretary for fiscal affairs said that taxpayers "will have a legitimate right to question the charging of VAT on car taxes, in court".

Another tax expert, Diogo Ortigão, in comments to the press, explained that "consumers will have a legal right to claim back VAT", a situation which could leave the taxman's coffers in a desperate state.

The chairman of the Association for Portuguese Consumer Rights (APDC) has, meanwhile, lamented that it has taken the country "so long to wake up to this illegality".

"It needed the European Commission's intervention for so-called tax experts to take note of this scandalous problem", he added.

Another consumer rights group, DECO, has pledged its support for any motorist wishing to claim back VAT paid on vehicles, should the Portuguese state lose its case in the European Justice Tribunal.

News of the EC's position against Portugal comes in the week that new car tax legislation came into force.

Under the new law, cars with engine capacities ranging from 1250cc to 1750cc, and who emit between 120 and 180 grams of CO₂ emissions per kilometre will pay an average of €125 a year in road tax. Due to this higher figure in road tax, list prices have fallen by around two to three percent.

In some cases, the cost of a car has risen by €8,000 in real terms.

Older and more polluting cars will continue to pay lower taxes than those of new, hybrid cars, despite the government's insistence that the new legislation is essentially "environmentally friendly".

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PM declines to confirm Mugabe's presence at Africa summit

Portuguese Prime Minister José Sócrates refused to clarify on Monday whether Zimbabwean President Robert Mugabe will attend an EU-Africa summit later this year in Lisbon, but warned that Europe has "paid dear" for its lack of dialogue with the African continent.

After a meeting in Oporto with European Commission chief José Manuel Barroso, Portugal's prime minister was questioned by reporters on whether Mugabe would be invited to the December EU-AU meeting in Lisbon.

For the summit to be a success, said Sócrates, bilateral EU-Zimbabwe relations must be separated from relations between the two continents.

"During the past seven years, Europe has paid the price of not having...regular dialogue with Africa. Europe has lost through this and has learnt to distinguish between a bilateral relation between the EU and Zimbabwe and a European relationship with a group of African countries."

Portugal, which staged the inaugural EU-Africa summit in 2000 during its previous EU presidency, has a particular interest in ensuring the delayed second summit between the two blocs goes ahead this year, added the Portuguese leader.

"There are (European) countries that could live with an absence of dialogue with Africa during seven years. But there is one country that cannot exist like this and which doesn't want this to continue: Portugal, the

country that now holds the presidency of the Union."

The success of the forthcoming EU-AU summit, Sócrates reiterated, will depend on making a distinction between EU-Zimbabwe ties and EU relations with Africa as a whole.

Despite an EU travel ban and sanctions against Harare's leaders, Portugal has continued to press for the overdue EU-AU meeting to take place and today there "is an increasingly positive climate between the EU and AU," noted Sócrates.

"The summit will be a turning point, as it will establish a strategic partnership between the two blocs and also "define the institutional relationship to apply this partnership."

Ahead of the December 8-9 summit in the Portuguese capital, "diplomatic formulae will be found to benefit African and European leaders," said Portugal's prime minister, who is travelling to Ghana to address the closing session of the AU summit in Accra on Tuesday, Lisbon government sources told Lusa.

Zimbabwe's embattled president is among African leaders at the Accra summit. Mugabe used a meeting on the sidelines of the summit Sunday to garner support from fellow African leaders for his regime, making personal attacks on ex-British premier Tony Blair, whose government had led EU opposition to Mugabe's presence at an EU-AU summit planned in 2003. *TPN/Lusa*

No re-opening of talks on revised treaty, say Portuguese PM and EC chief

European Commission President José Manuel Barroso and Portugal's prime minister, José Sócrates, have rejected the possibility of any further negotiations on a mandate agreed last month by EU leaders for a reform treaty.

Barroso, speaking at a joint press conference with Sócrates, was adamant there can be no further political discussions on an accord agreed by EU member states, at the end of the German presidency of the bloc to begin an intergovernmental conference (IGC) later this month. The IGC is the only EU body empowered to modify the bloc's treaties.

"We cannot allow questions already agreed to be re-opened," said the EC chief, adding further discussions on matters already agreed by EU leaders would be "unthinkable."

A little over a week after the EU agreed the shape of a revised treaty to replace its aborted constitution, Poland has signalled it could again question the

agreement on the bloc's voting system, one of the main sticking points during last month's fraught Brussels summit.

For Portugal's prime minister, who took over the rotating EU presidency Sunday, the possibility of renegotiating aspects of the new treaty "doesn't even exist."

"It doesn't exist because the accord reached expresses the wish of all member states...for the conclusion of the treaty to be as quick as possible," by the informal summit in Lisbon planned for October 18-19, said Sócrates.

Portugal is committed to opening the IGC on July 23 and Sócrates said that EC chief Barroso, a former centre-right Portuguese prime minister, would be present at the opening of the meeting.

"The Commission president informed me that he also wants to take part in this meeting. I am grateful for this gesture as it will give the IGC a larger importance and dimension."



European Commission President José Manuel Barroso (R), and Prime Minister, José Sócrates (L), pull down the Portuguese flag covering a plate to mark the Portuguese presidency of European Union, prior to the joint meeting of the Portuguese Government and the European Commission at Alfandega Congress Centre in Oporto on Monday. (Photo: Lusa / AntUnio Cotrim)

Barroso foresees 'no rivalry' with Sócrates over EU leadership



European Commission President José Manuel Durão Barroso, a former Portuguese prime minister, has dismissed any thought that he and Prime Minister José Sócrates will dispute European Union leadership during Portugal's six-month presidency, saying they share the same objective - to move Europe forward.

"Each of us has his function and both have the same objective, which is to make Europe advance", Durão Barroso told Lusa in an interview in Brussels.

"The European Commission and I are in another area of responsibility, but working in solidarity with the Portuguese presidency", he said of future cooperation with his former domestic political rival.

Durão Barroso, the ex-leader of Portugal's centre-right Social Democrats, pledged to do everything possible to aid the success of Lisbon's EU presidency, respecting "the initiative" of Sócrates' Socialist government.

Lisbon, he said, could count on "loyal and committed cooperation" from Brussels during its mandate, especially in regard to the challenge of overseeing the drafting and approval of the bloc's Reform Treaty.

"What Europe hopes today is that (the Portuguese presidency) reaches a final accord that will reform European institutions", he said, warning against the likelihood of some unnamed governments trying to "reorient" the final text that Lisbon hopes to see approved in October.

Durão Barroso expressed hope that the presidency would confirm Portugal's "European vocation", saying he had "full confidence" in the leadership abilities of Sócrates and Foreign Minister Luís Amado.

Although Lisbon only assumed the EU helm Sunday, he said Portugal was already making its influence felt through the priority it has attributed to establishing a "strategic partnership between the bloc and Brazil and to hosting a Europe-Africa summit to re-launch relations between the two continents.

"I think these priorities reflect much of what is Portugal's voca-

tion", he said. Durão Barroso interrupted his mandate as Portuguese prime minister in 2004 to head the European Commission.

His Social Democratic successor, Pedro Santana Lopes, was forced to resign the following year and the party suffered a

heavy defeat in early elections that brought Sócrates' Socialists to power with a parliamentary majority. *TPN/Lusa*

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Brussels plans to approve common migration policy at Lisbon summit



European Commission President José Manuel Barroso said Monday that Brussels aims to approve a range of proposals for a common European policy on immigration at a December EU leaders' summit towards the end of Portugal's presidency of the bloc.

Speaking in Oporto after talks with Portuguese Prime Minister José Sócrates, the EC chief said he considered it "absurd that a Europe wanting to become an open space has 27 separate policies" in relation to the issue of migration.

"The problems of Europe are global and merit a global response. With the approval of the new Reform Treaty it will be necessary to make more progress in

the areas of justice, liberty and security."

Prime Minister Sócrates, speaking alongside Barroso, called for a common EU migration policy based on the principles of "combating illegal immigration" and "recognition of the economic value and social rights of immigrants."

"Portugal is also committed to a policy that values cooperation with states where migratory

flows begin," said Sócrates, who took over the rotating EU presidency a day earlier.

Sócrates and Barroso both defended that the new EU treaty, whose approval is a key priority of Lisbon's leadership of the bloc, will have instruments to tighten security cooperation among EU member states to counter the ongoing threat from terrorism.

TPN/Lusa

'Investment' in foreign, defence policies needed to make bloc true global player

Portuguese Defence Minister Nuno Severiano Teixeira has called for serious "investment" in the European Union's foreign affairs, security and defence policies to make the bloc a "true global actor".

Minister Severiano Teixeira issued the challenge Wednesday night at a ceremony signalling the transfer of the EU's defence and security responsibilities from Germany, the bloc's outgoing president, to Portugal.

"Only with this impulse, this investment" (in common foreign, security and defence policies) can we make the EU a true global actor", he said.

Attending the ceremony at

São Julião da Barra Fort outside Lisbon were German Defence Minister Franz Josef Jung, senior EU diplomat Javier Solana, and the Slovene defence minister, whose country follows Portugal in leading the bloc.

Among Lisbon's priorities for the sectors during its presidency, which began on Sunday, Severiano Teixeira underlined plans for police and human rights missions in Kosovo and Afghanistan.

He said the EU would continue

its traditional partnerships with NATO and the United Nations, while simultaneously seeking to boost diplomatic, security and defence relations with Africa.

Lisbon has scheduled a summit with the African Union for December and invited the defence ministers of North Africa's five Maghreb countries to attend an informal meeting of EU defence ministers in Evora in September. TPN/Lusa

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(From Cambridge Advanced Learner's Dictionary)

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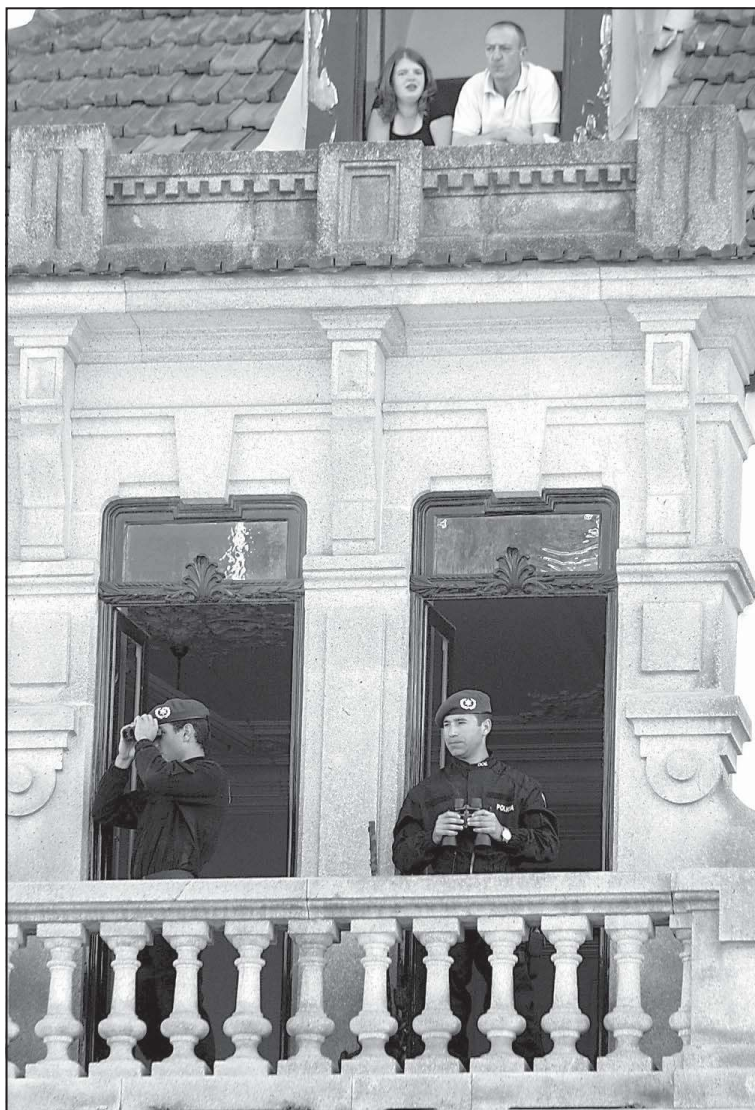
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Portuguese elite policemen guard the surroundings of the Casa da Música (House of Music) where the ceremonies of the beginning of the Portuguese EU presidency took place in Oporto on July 1st. (Photo: Lusa / João Abreu Miranda)

Security apparatus for presidency biggest-ever in Portugal



Despite discounting any imminent terrorist threat, Portuguese officials have mobilised their biggest-ever security operation for the six-month European Union presidency that Lisbon assumed on Sunday.

Given the lengthy timeframe and the large number of officers involved, General Leonel de Carvalho, the secretary-general of the Security Coordination Office, told Lusa that the EU presidency security network was "the largest such operation ever organized in Portugal".

Gen. de Carvalho declined to give numbers, but other sources linked to the operation said that during peak presidency events, such as the Europe-Africa summit planned for Lisbon in December, as many as 3,000 police officers and troops would be mobilised.

De Carvalho downplayed the threat of terrorist strikes, but acknowledged the possibility does exist, saying precautions had and were being taken.

"The threat exists, because it's global, but it's moderate" in nature, he said, adding that land and maritime border controls had been reinforced.

The possibility of an attack

from Spain's Basque terrorist ETA was "completely sidelined" and threats from Islamic radicals would be much more likely in Britain or neighbouring Spain, he said.

The general also said that Portuguese security forces did not expect major problems from anti-globalisation demonstrators, whose most radical factions have frequently sought to disrupt big international political events through violent action.

"We don't expect any of this", he said, underlining that his office constantly evaluated the changing potential risks to the Portuguese EU presidency.

Police forces and troops who will be involved in security operations over the six months began their training last year, and de Carvalho noted that much of the human and material resources required had been in place since Portugal hosted the Euro 2004 football championship three

years ago.

Meanwhile, Portuguese Prime Minister José Sócrates, commenting on the threat of global terrorism in the wake of attacks in Great Britain, has said increased cooperation among Europe's police forces is "absolutely essential".

"The links between (EU) member countries and among their security forces are absolutely essential", Sócrates said Sunday in Oporto, where the Portuguese and European Commission executives met for the first time under Lisbon's presidency of the 27-nation bloc.

The fight against terrorism, he added, was an "important" aspect of the European vision.

"It is important they we all become aware that the European project can be helpful in combating terrorism", the union's new president told journalists, reacting to the string of weekend terrorist actions in London and Glasgow.

EU PRESIDENCY BRIEFS

Presidency seeking to avoid rifts on Kosovo

Portugal's incoming EU chair will work to avoid differences among member states in relation to Kosovo, a senior Portuguese diplomat said. Speaking in Brussels after talks with EU officials on Portugal's position on the future status of Kosovo, State Secretary for European Affairs Manuel Lobo Antunes said: "The last thing we want are divisions. It cannot be that some choose option 'A' and others option 'B', said Lobo Antunes, adding: "A decision acceptable to all parties will be necessary". Currently under UN administration, the breakaway province could separate from Serbia under proposals backed by the US and the EU, but opposed by Russia.

MidEast Quartet likely to hold 1st meeting during Lisbon's presidency

The first meeting of the quartet of Middle East peace mediators will probably take place during the Portuguese EU presidency, the 27-state bloc's foreign policy chief, Javier Solana, said. The EU's top diplomat said after talks in Lisbon with Portuguese Foreign Minister Luis Amado: "We'll have the first meeting of the Middle East Quartet (Russia, the EU, the US and the UN) very probably during the Portuguese presidency, and very likely in August." Earlier this week, a Palestinian Authority envoy asked Portugal's foreign minister for EU financial support and raised the idea of deployment of international peacekeepers to the West Bank and Gaza Strip. Questioned on the reported Middle East peacekeeping plan, Solana said no concrete proposals have yet been made, declining to reveal the EU's position on the issue.

Multi-billion fund accord for Portugal marks first day of presidency

Lisbon and the European Commission signed a multi-billion euro funding package for Portugal Monday, the first working day of the Portuguese EU presidency. The Strategic National Reference Framework, known by the Portuguese acronym QREN, is worth 21.5 billion euros and is set to run through 2013. The QREN 2007/2013 accord was signed in northern Oporto by Brussels' Regional Policy Commissioner and Lisbon's environment and territorial planning minister, Nunes Correia, on the sidelines of the first meeting of the Portuguese and European executives. Prime Minister José Sócrates has repeatedly said that QREN funds will be applied "selectively" in accord with "rigorous policy choices". He added, "We must abandon the past culture, in which there was support for everything that fit into the budget, to begin making choices. This means only backing, more strongly, good projects with unquestionable impact on our economy and society".

Pottering forecasts 'success' for presidency, new treaty

European Parliament President Hans-Gert Pottering says he is "confident" a Reform Treaty for the European Union will be approved by year's end during the bloc's Portuguese presidency. "I trust in the governments of the member states and hope they all will contribute to reformulate the treaty and that it will be ratified", Pottering said Thursday during a debate with Portuguese youth leaders at the Portuguese Parliament. "I hope all the governments of the EU member states will remain faithful to their commitments" made last week in Brussels on the framework for a new treaty, he added. Questioned on the need for referendums to ratify the proposed charter, Pottering said the issue did not depend on the Strasbourg legislature, but rather on each of the bloc's governments.

Brazil summit promise of intense Lisbon efforts - Sócrates

Portuguese Prime Minister José Sócrates hailed as "historical" this week's upcoming EU-Brazil summit in Lisbon, stressing it was the result of "intense" and "planned" work by the Portuguese government. "This summit between the European Union and Brazil didn't fall out of the sky, it was the outcome of a planned strategy of the Portuguese presidency", Sócrates told journalists as he waited for the arrival of EU Commission President and former Portuguese Premier José Manuel Durão Barroso. Sócrates also reaffirmed his commitment to hold a EU-Africa summit in Lisbon in December, which he considers one of the major highlights of the six-month Portuguese presidency.

Lisbon will continue efforts to free 'death row' Bulgarians from Libya

The Portuguese presidency of the EU is doing all possible to free five nurses from Bulgaria sentenced to death in Libya on charges they infected children with HIV, a Portuguese diplomat said. Ambassador Mario de Jesus dos Santos, Lisbon's envoy to Sofia, was cited by Bulgaria's Novinite news agency as saying: "The Portuguese presidency will work together with European institutions and Bulgaria to ensure that the nurses return home." Dos Santos was speaking in Sofia after talks with Bulgarian Foreign Minister Gergana Grancharova, who said it was important for his government that Portugal continued efforts for the previous EU presidency to free the nurses. Germany's foreign minister recently led an EU mission to Libya for talks on the case and U.S. President George Bush has also urged Tripoli to free the medics. The Libyan Supreme Court says it will rule July 11 on the death sentences against the five Bulgarians and a doctor from Palestine - imprisoned since 1999 and sentenced to death a second time last December.



European Commission President José Manuel Barroso (L) and Prime Minister, José Sócrates (2nd L), look on while Portuguese Environment Minister, Nunes Correia and Polish Danuta Hubner, Commissioner for Regional Policy sign documents, after the meeting of the Portuguese Government and the European Commission on Monday the 02 July 2007, at Alfândega Congress Centre, in Oporto. (Photo: Lusa / João Abreu Miranda)

Portugal invites three North African states to environment meet



Portugal has invited Algeria, Morocco and Tunisia to join the European Union in discussions on climate problems facing the two continents, like droughts and water shortage, issues that will be high on the EU presidency agenda, a government source was reported as telling the Lusa News Agency.

"It's the first time Maghreb countries will participate in EU discussions on environment", said Ana Luisa Felício, senior aide to the Portuguese environment minister, who is in charge of environmental issues during the six-month Portuguese EU presidency.

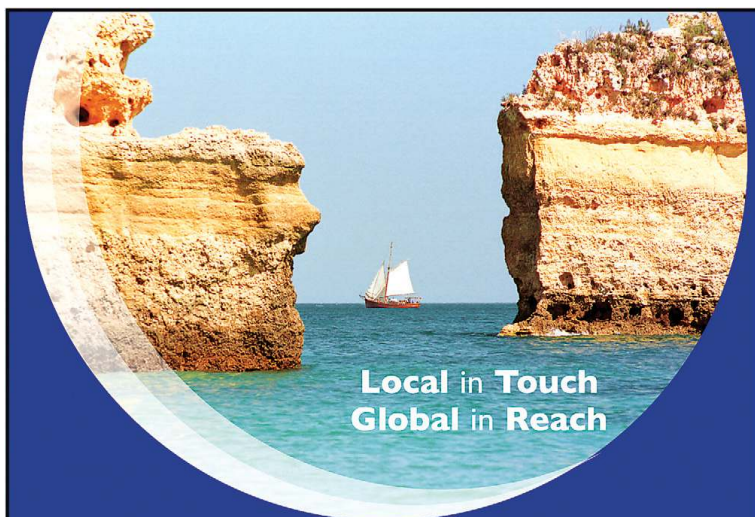
Portugal, together with some other European countries, have urged the European Commission to treat the phenomenon of drought and water shortage with European political measures like it does with floods, and not just with occasional, spot measures.

"Traditionally, drought was considered a problem of southern European countries, but now it's a European problem. Therefore, it shouldn't be considered an exceptional or occasional situation anymore", Felício added.

The Commission has promised to issue a draft document stipulating ways to minimise the impact of drought and water shortage, which should be presented for discussion and approval at the informal ministerial council meeting on environment scheduled for September.

The three Maghreb countries were invited to participate in that meeting because, due to their geographic location, they have an important role to play in this issue, according to the official.

Droughts, water shortage and floods are affecting dramatically many countries in Europe and Africa. Climate changes and biodiversity will rank high on the agenda of the Portuguese EU presidency. *TPN/Lusa*



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All EU citizens free to choose their electricity and gas supplier



Since 1 July all European citizens have been able to freely choose their electricity and gas supplier, as this was the final date for the full opening of the electricity and gas markets in the EU.

There are a few exceptions to take account of special circumstances where it is not possible to introduce competition yet, such as the Baltic States and in member states where gas was introduced only recently, but the basic rule of freedom of choice for

every citizen has become established in the EU. The full market opening represents a milestone in the creation of a fully functioning European energy market.

As of the same date, larger and medium-sized local electricity and gas distribution companies

will also have to be organised as legally separate companies (so-called 'legal unbundling'). This measure will enhance the independence of the distribution companies from their parent companies with the aim of ensuring a fair access of all suppliers to

the distribution network. At transmission level legal unbundling became compulsory already in 2003.

"I encourage European consumers to take advantage of their freedom to choose their energy suppliers. A functioning EU energy market can only be obtained if consumers participate in the market actively. Nonetheless some other obstacles to a truly competitive internal market remain—the Commission will there-

fore continue to watch over the correct implementation of the existing rules and is set to propose additional legislative measures soon", said Commissioner Piebalgs.

The internal energy market is an important measure in ensuring fair prices to citizens and industries. It also guarantees that even smaller companies, for instance those that invest in renewable energy, have access to the energy market. Furthermore, a well functioning market ensures sufficient investments in power plants and transmission networks thereby helping avoid interruptions in power or gas supplies. The European Regulators' Group ERGEG has most recently published a status review on end-user price regulation and market opening which gives an overview of the market opening dates in all member states.

The fact that retail electricity prices have, on average, remained relatively constant in real terms, despite very obvious price increases in the cost of primary fuels such as coal and gas, clearly demonstrates the increased effi-

ciency in electricity supply. The electricity price in particular for households would in fact have decreased if the effects of taxation by member states were excluded.

As far as gas is concerned, the factors affecting prices, such as the need to move to more expensive supply sources such as liquefied natural gas, and the continued linking of some gas imports to the price of oil, would have occurred whether or not competition had been introduced. It must be recalled that energy prices cannot be expected to always remain low regardless of external factors. Nonetheless, competitive and open markets will bring the best prices to end users, including the energy intensive industry.

Although consumers are not obliged to change their energy suppliers, such a change may ensure a better deal in terms of price and service.

In the members states where the freedom to choose the energy supplier has been in place for some time, the record shows that customers increasingly take advantage of this opportunity.

Israeli experts demonstrate irrigation methods in Transmontana

This week Transmontana farmers will learn highly advanced methods of irrigation from Israeli specialists who have succeeded in transforming the most arid areas into productive farming land.

Fernando Brás, director of the Trás-os-Montes Agricul-

tural Association told Lusa "With less water than us, they have done wonders". Sr. Brás is the promoter behind the scheme which has the support of the Northern Fisheries and Agricultural Regional Board.

A committee of technicians, companies and representatives

from the Israeli government will be visiting areas in the region where farming is most intense to demonstrate their irrigation methods. They will also be meeting with producers, irrigation companies and businesses who provide agricultural equipment.

One of the methods used by

the Israelis and highlighted by Fernando Brás was the use of a humidity sensor which causes the irrigation to disconnect when watering is sufficient. The experts will also be demonstrating how irrigation systems can also be activated by mobile phone.



Israeli technicians who specialise in irrigation systems during a guided tour of Vale de Madeiro in Miranda on Monday. (Photo: Lusa / Ivo Pires)

Brazil dismisses Mercosul worries on its 'strategic partnership' with EU

Brazil views its debut summit with the European Union in Lisbon next week as gaining greater importance in the aftermath of the failed Potsdam meeting on the Doha Round of world trade negotiations.

That failure, Brazilian Foreign Minister Celso Amorim told the Lusa News Agency, makes the July 4 summit this past Thursday in Lisbon "more important"

because "it will be one of the themes and we will seek ways for drawing (our positions) closer".

"I think we can advance more", Mr Amorim said, referring to the aborted talks in Potsdam between Brazil and India on one side and the EU and the United States on the other.

Brussels and Washington had made a "strategic error", he added, in trying to exert great pressure

on the developing countries.

Mr Amorim also dismissed concerns among its South American Mercosul partners over the "strategic partnership" that will be consummated in Lisbon between Brazil and the EU.

"It's a worry that deserves no analysis", he said, underlining that the planned bilateral partnership was not a free-trade accord and that the EU could well

decide in future to establish such privileged relations with other Mercosul members.

Mr Amorim said that his biggest hopes for the Portuguese EU presidency, which begins Sunday, were that it witness the successful completion of the Doha Round of world trade negotiations and the revival of trade talks between Mercosul and Europe.

TPN/Lusa

Pestana profits up 10 percent



Portuguese hotel and tourism giant Pestana has revealed that receipts rose by 10.2 percent last year in relation to 2005, climbing to a total of 458 million euros.

These numbers were unveiled by the tourism group's chairman, Dionísio Pestana at a press conference held in Madeira, where he also took the opportunity to look back in the company's 35-year history since the opening of its first hotel on the island in 1972.

Results before taxes, depreciation and interest totalled 100.3 million euros, a year-on-year increase of 17.3 percent. It was also stressed at the press

conference that Pestana concentrates 90 percent of its activity on tourism, and is among the 25 biggest hotel chains in Europe and in the top 60 internationally.

The group is building ten new hotels to add to its list of 81 which are scattered over three continents and in nine countries – Portugal, Brazil, South Africa, Mozambique, Argentina, Venezuela, São Tomé, Cape Verde and the United Kingdom (London).

Cyprus, Malta to join Euro Zone next week

Cyprus and Malta will be formally approved for membership in the Euro Zone at the next meeting of European Finance Ministers (Ecofin) July 10, under the EU Portuguese presidency, government officials said.

"With the approval of the legal accession mechanisms for Cyprus and Malta (the Euro Zone) will have 15 members", said Portuguese Finance Minister Teixeira Santos, as he entered a meeting of the Portuguese government and the European Commission in Oporto, where the first working day of the Portuguese EU

presidency is taking place.

The political decision for the accession of Malta and Cyprus to the Euro Zone was taken last month in Brussels, during the EU summit which ended the German EU rotating presidency.

The Ecofin meeting July 10, in Brussels, will be the first meeting chaired by the Portuguese finance minister.

Besides Portugal, one of the Euro founders in 1999, the other members are Germany, France, Spain, Italy, Holland, Belgium, Luxembourg, Ireland, Finland, Austria, Greece and Slovenia.

TPN/Lusa

The United States of Africa

“Before you put a roof on a house, you need to build the foundations,” South African President Thabo Mbeki reportedly told diplomats at the summit meeting of the African Union in Ghana last weekend. Others were just as quick to ridicule the summit’s declared goal of creating a unified African government by 2015, and it certainly isn’t going to happen fast. It may never happen at all — but it might, and it would be a very good idea.

“The emergence of such a mighty stabilising force in this strife-torn world should be regarded...not as a shadowy dream of a visionary,” declared Kwame Nkrumah, the first president of independent Ghana, almost half a century ago, “but as a practical proposition which the peoples of Africa can and should translate into reality.... We must act now. Tomorrow may be too late.”

Nkrumah was pleading for a pan-African government instead of the jigsaw-puzzle of ex-colonies that came into existence as the European imperial powers left Africa. He was asking for the Moon: the independence struggle was waged within the borders of each colony, and the leaders who emerged had their power bases within those borders. Wider unity would have dethroned most of those leaders, so it did not happen. But now the unity project is back.

The African Union was created five years ago out of the wreckage of the discredited Organisation of African Unity with the goal of making Africa’s rulers accountable. Now it is trying to revive the project for real African unity, and there is no shortage of Africans who argue that it is merely a distraction from urgent and concrete problems like Darfur and Zimbabwe. Maybe they are right, but what if those crises are just symptoms of a deeper African problem?

At the time most African countries gained their independence in the 1960s, they

had higher average incomes and better public services than most Asian countries. Kenyans lived better than Malaysians; people in the Ivory Coast were richer than South Koreans; Zimbabweans were healthier, longer-lived and better-educated than Chinese. And there were more and worse wars in Asia than in Africa.

Now it’s all dramatically the other way round, but why? Individual Africans are no less intelligent, hard-working or ambitious than individual Asians, so the answer must lie in the system. And the most striking characteristic of that system is the sheer number of independent states within Africa: fifty-three of them, in a continent that has fewer people than either India or China.

This is where the discussion usually veers off into a condemnation of the arbitrary borders drawn by the old colonial powers, which paid little heed to the ethnic ties of the people within them, but that is not the point at all. The point is that at least half of the fifty-three African countries have greater ethnic diversity within their borders than all of China. A few, like Nigeria, approach India in the sheer range and diversity of their languages, religions and ethnic identities. You CANNOT draw rational borders for Africa that give each ethnic group its own homeland. Even if you refused that privilege to groups of less than half a million people, you’d end up with over 200 countries. So the old Organisation of African Unity decreed that the colonial borders must remain untouchable, because the only alternative seemed to be several generations of separatist ethnic wars.

The problem is that quite a few of the separatist ethnic wars happened anyway, and many other African countries, to avoid that fate, became tyrannies where a “big man” from one of the dominant ethnic groups ruled over the rest by a combination of patronage and violence. Time was wasted, lives were lost, and things went backwards. It was nobody’s



Children playing with wire cars near Impendle in rural KwaZulu-Natal, South Africa. Wire cars are made out of scrap wire and often embellished with tin cans and plastic bags. Wire cars are often made by young children and they are immensely proud of them. (PHOTO: LUSA/EPA/Jon Hrusa)

fault, but Africa needs to change this system.

There are over two hundred ethnic groups in Africa that have over half a million people, and NONE (except the Arabs of North Africa) that amount to even five percent of the continent’s population. Only three languages — Mandarin Chinese, Hindi and Japanese — account for half the population of Asia. Even in Europe, eight

languages account for 75 percent of the continent’s population. Africa is different, and maybe the national state (or, rather, the pseudo-national state) is not the answer there.

The African federalists imagine a solution that jumps right over that problem: a single African Union modelled on the European Union, but where no ethnic group is even five percent of the population. Then politics

stops being a zero-sum ethnic competition (at least in theory) and starts being about the general welfare. And also, in theory, the continent starts to fulfil its potential.

We will all be a good deal older before the African Union, or whatever it will eventually be called, becomes more than a dream, but in the end it may. As Alpha Oumar Konare, former president of Mali and head of the

African Union, said at the start of the summit: “The battle for the United States of Africa is the only one worth fighting for this generation — the only one that can provide the answers to the thousand-and-one problems faced by the populations of Africa.”

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

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Gwynne Dyer

FRETILIN leads Timor polls but short of majority

East Timor's ruling FRETILIN party remained ahead in the ballot count on Wednesday for legislative polls taking 28.6 percent of the vote to the 22.8 percent garnered by ex-president Xanana Gusmão's CNRT party, with 91 percent of ballots counted, electoral officials said.

The National Elections Commission (CNE) said FRETILIN had 106,821 votes to the fledgling CNRT's 85,289. Among the other dozen parties contesting the polls, the ASDT was running in third place with 16 percent of votes cast and the Democratic Party (PD) had 11.9 percent.

Counting in the capital and Timor's second city, Baucau, is continuing, the CNE said.

Meanwhile, the leader of the fourth-placed PD, Fernando de Araujo, has predicted no party will take over 50 percent of the vote in the parliamentary contest, calling for all parties winning seats in Dili's 65-member legislature to form a "national unity government."

The US-based Carter Centre, one of many international organi-

zations monitoring the polls, issued a preliminary report lauding the "excellent execution" of the election and its "peaceful and orderly" character.

However, it condemned some "instances of violence and fiery rhetoric" during the campaign, which came one year after a bloody spiral of violence within the Timorese security forces and among regional communities, especially in Dili.

The Carter Centre also cautioned that issues of "security and transparency" in the ballot counting process required "careful assessment" before future elections.

No figures were given for the turnout on Saturday of the country's 530,000 voters, but officials said earlier that participation appeared to have fallen below the recent presidential polls that drew about 80 percent of voters.

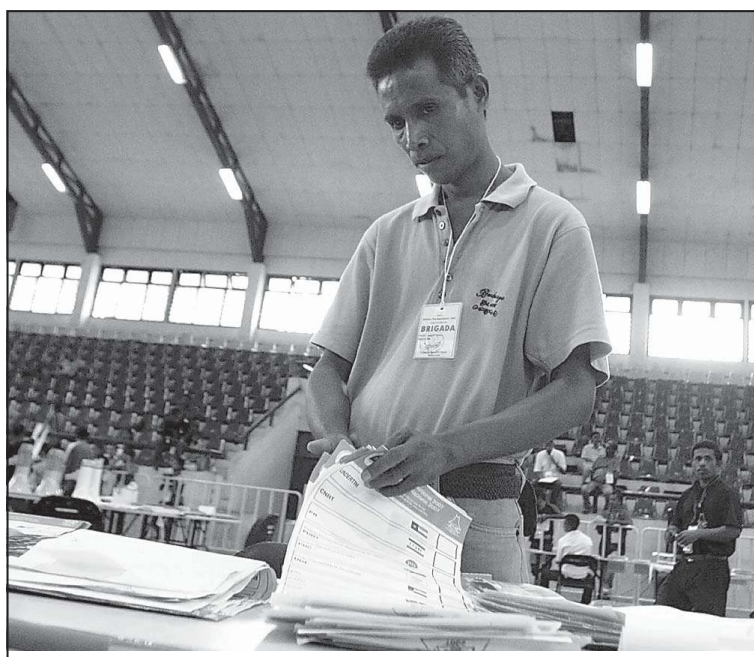
Analysts have said they expected no one party to gain a majority in the 65-member parliament, 20 seats less than the outgoing legislature, and forecast the need for a coalition government.

The chief of the European Union's 36-strong observer team, Javier Pomés Ruiz, praised the "generally peaceful and democratic" vote, saying it outstripped "international expectations".

Pomés Ruiz noted that as recently as March, before the two-round presidential poll, East Timor was widely viewed as lying on the brink of "civil war".

"This represents an important step towards the consolidation of a democratic culture and to the end of the deep political crisis in which the country was recently immersed", he said, referring to a wave of violence one year ago that toppled a government and brought in international peacekeepers.

In a preliminary report, the EU observers criticised what they said had been the use of "public resources" for the benefit of some unnamed parties and the fact that State Administration Minister Ana Pessoa had been simultaneously responsible for organizing the balloting and a candidate on FRETILIN's ticket. *TPN/Lusa*



FRETILIN continued in the lead after approximately 90% of votes had been counted during elections in West Timor on Wednesday. (Photo: Lusa / Nuno Veiga)

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Angola carrier faces ban from EU airspace, Luanda threatens retaliation and suspends BA flights

Angolan national airline TAAG is being banned from European Union airspace from Friday over safety concerns and Luanda is warning it could ban European airlines from its airspace in retaliation for the blacklisting, officials said. Angola has already told British Airways it can no longer fly to Luanda.

A European Commission ban on TAAG is expected to come into force Friday. The Angolan flag flier currently flies to Lisbon and Paris in Europe and announced at the weekend it had reached an accord to operate its Luanda-Lisbon route via Cape Verde in partnership with the islands' national carrier, TACV.

But despite an open-skies deal between Lisbon and Praia, Portugal's INAC civil aviation authority said Tuesday it was not clear whether TACV would be permitted to boost its weekly Sal-Lisbon flights from four to eight.

Meanwhile, British Airways said Tuesday that it had been "temporarily suspended" from flying to Luanda. TAP of Portugal has also been "verbally" told its license to operate to Angola is being rescinded, company sources said.

Reacting to the developing spat sparked by TAAG's blacklisting, Portuguese Transport Minister Mario Lino said Tuesday that he had informed Luanda Portugal is ready to assist in resolving problems caused by the banning order, an "EU decision and not Portugal's." *TPN/Lusa*

*CPLP BRIEFS

Boeing 737 crashes in north Angola killing 6

At least six people died when a jetliner belonging to Angolan national carrier TAAG crashed on Thursday near the northern city of Mbanza Congo, state news agency ANGOP reported.

The Boeing 737 was carrying 78 passengers and traveling from Luanda to Mbanza Congo and appeared to lose control during an emergency landing and crashed into a building, ANGOP said.

Luanda civil aviation officials said the causes of the fatal crash were being investigated.

Separately, the European Union announced last Thursday that it is planning to ban TAAG from its airspace over safety concerns. The Angolan flag flier currently operates six return flights a week between Luanda and Lisbon, as well as weekly flights from London and Paris to the Angolan capital. *TPN/Lusa*

Largest Mozambique mobile operator posts profits of 130m euros for 2006

Mozambique's largest mobile phone operator Mcel has announced earnings of euros 129 million for 2006, up around a quarter in a year-on-year comparison.

Mcel's chairman, Rui Fernandes, said the majority state-owned firm had a 70 percent market share at the close of last year, or 1.4 million customers. Vodacom of South Africa is Mcel's main competitor, but its Mozambican subsidiary, Vodacom Mozambique, is struggling compared to its rival and boasts fewer than half Mcel's number of clients. *TPN/Lusa*

Angola sees Portuguese presidency as valuable for Lisbon-Africa relations

Angola counts on Portugal's EU presidency to bring "added value" to the traditionally strong ties between Lisbon and its five former African territories, says Luanda's culture minister.

"I think, particularly for the five Portuguese-speaking African countries, that the Portuguese EU presidency will be an added value, given the relations of friendship, fraternity and cooperation that exist between these countries and Portugal", Boaventura Cardoso told Lusa last Sunday in Luanda.

The culture minister's comments came after he attended a concert by Portuguese pianist Bernardo Sasseti in the Angolan capital, an event sponsored by Lisbon's embassy to mark the start of Portugal's third turn at the EU helm.

One of Lisbon's priorities for its six-month presidency is the hosting of a Europe-Africa summit to re-launch relations between the two continents. *TPN/Lusa*

*Community of Portuguese Language Countries

Schoolchildren hospitalised following restaurant poisoning

According to the Lisbon fire service, 59 schoolchildren were ferried to various hospitals around greater Lisbon following a bout of food poisoning that is thought to have been caused after they had lunch in a city restaurant.

The children, pupils of the *Bairro de S. Miguel Escola Básica nº 24* and aged between six and 11, had enjoyed a school trip to the Queluz National Pal-

ace, Sintra before stopping for lunch in a restaurant.

Lisbon's fire brigade confirm the alarm was raised at around 15h45, and dozens of children were distributed around the city's hospitals, including Amadora-Sintra, D. Estefânia, Santa Maria, S. Francisco Xavier, and the Queluz health centre.

It is thought their illnesses are related to food poisoning.

Four men detained for theft-related crimes

Four men aged between 19 and 74 were detained in Oeiras following a series of crimes that they are suspected of having carried out, including car theft and possession of illegal weapons.

The arrests took place following the theft of a car and a complaint of physical aggression made in May. A subsequent investigation resulted in the sei-

zure of two firearms, ammunitions, gold artefacts, and over 300 grams of hashish, the equivalent of 1,600 individual doses.

The suspects have already had an initial court hearing, which resulted in three of the four being ordered to periodically check-in at their local police station. The fourth suspect

Estoril bar shooting leaves one injured

An individual who was shot in the leg following an incident in a bar described as 'illegal' was rushed to the Cascais Hospital for treatment, though was released a short while later.

Located opposite the Estoril training grounds, the bar at one time is believed to have been a brothel and is now described as locals as an 'illegal' establishment, where "hundreds of people, mainly Brazilians, gather at night".

Neighbouring residents have started a petition requesting the bar's closure, though at present, it remains open.

was identified, though no further judgement has, as yet, been applied.

Acclaimed author Robert Wilson visits Lisbon NATO Base



Bestselling author Robert Wilson visited Allied Joint Command Lisbon last week to speak to SIG, the NATO spouses group, about his Portugal-based novels.



Robert Wilson book signing. (Photo: Rachel Albon)

The British born writer, who has a house in the Alentejo, gave a selection

of readings from his novels 'A Small Death in Lisbon' and 'The Company of Strangers', as well as taking questions from the audience.

"The NATO base is bang in the centre of the setting for his novel, 'A Small Death in Lisbon'," said Rachel Albon, the event's organiser. "As well as being a jolly good read, the book has a military link and Rob is the son of an RAF Pilot. So we thought it would be entirely appropriate to invite him along." An Oscar-winning screenwriter interested in pitching the novel to a Hollywood film studio has recently approached

the 50-year-old author, but Robert has no idea who should play the leading roles. "I find it very difficult to visualise the characters in my novels - they are simply that, characters in a book," he said. He is now the writer of eight critically-acclaimed novels. 'A Small Death in Lisbon' won the Crime Writers Association's Gold Dagger award for best novel and his 'Javier Falcon' books, set in Spain, have been published to rave reviews.

He is currently working on the last in the 'Falcon' series, which is due to be published next year. Rachel Albon

Irish investment to fund hospital "of excellence"



An Irish medical group are reportedly set to invest over one billion euros to fund a private hospital "of excellence" in Ourela, Oeiras, which should be concluded by 2010 and could create up to 1.250 jobs.

According to Lusa, the future Oeiras Hospital, which will be called Lisbon Medical Park, will comprise 80 beds, four operating rooms for major surgery and its own fleet of ambulances. Altogether the hospital will make up six buildings that will also cover clinical

investigation, specialised interventions, x-rays, a pharmacy, a restaurant, and assistance for the elderly.

Devised and funded by the Sheean Medical Corporation, which is responsible for the construction and management of hospitals in Ireland and Poland,

the future Lisbon Medical Park aims to, according to a spokesperson for the group, "create a place for medical excellence", with "advanced technology" and "relevant medical and surgical competence", and will have clinics dedicated to more than 15 specific areas.

Oeiras Mayor Isaltino Moraes has considered the project to be 'a great opportunity' for the municipality to expand its capacity in public service.

"It is a project of undeniable quality which will contribute to a 'cluster' of health in Oeiras".

Saint Dominic's International School year six graduation

Learning is a journey and another milestone was marked as St. Dominic's International School had the pleasure of hosting their Year 6 International Baccalaureate (IB) Primary Years Programme (PYP) Graduation Ceremony on Monday, June 25.

Family members gathered in the auditorium and the excitement began as the procession of graduates entered the hall. Ms. Amanda Jones, PYP Co-

ordinator, provided the introduction and Mr. Steven Thompson, Head of the Junior School, delivered the opening remarks and welcomed parents and participants alike. Mr. Thompson likened the learning process to a journey and the Junior School commencement as one important stage on the road of life-long learning.

The ceremony was personalized as Year 6 teachers (Clare Bodfish and Liz Willoughby)

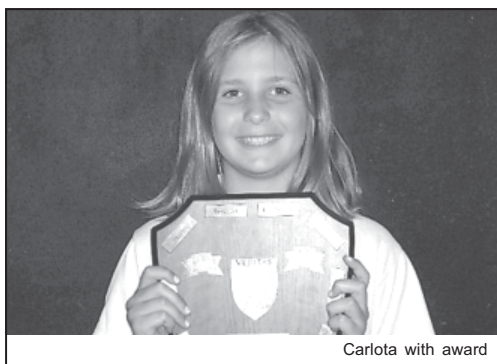
shared anecdotes of each individual student with the audience. In turn graduates took a trip down memory lane with a PowerPoint Presentation which included photos of the happy times accumulated during their primary school experience.

Mr. Roger Marshman, Head of the Senior School, and two Year 7 student representatives were on hand to not only welcome their classmates, but also to offer support for a smooth transition to the Senior School. The highlight of the ceremony was when Mrs. Chari Empis, Princi-

pal, presented the International Baccalaureate Primary Years Programme Certificates. Onlookers beamed with pride. Mr. Christopher Shiell then awarded the "Shiell" prize for "Sportsmanship" to Pedro Maria Robles Machado and "Commitment to Learning" to Sylvie Chen. The IB PYP Award for "Demonstrating the IB Learner Profile" was received by Carlota Vilhena S. Cyrne.

We wish all the students every success as they continue on the path of learning.

Ramona Dietrich



Carlota with award

WRVS - Social Tea

The next WRVS Social Tea will be on WEDNESDAY 11th JULY at 3.30pm at Quinta da Fonte (British Retirement Home) in São Pedro do Estoril. Please note the change of day, for this month only. Blanche (Bubs) Drysdale and Tiago Luxton will give an illustrated talk about their volunteer work in Goa, India and in Thailand... and their travels in south-east Asia. Tea, sandwiches and cake will be served after the talk. Members and non-members are most welcome.

Entrance: €1

Please phone 214 688 694 for more information.

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Of course we are also happy to receive your donations of Bric-a-Brac, but on bric-a-brac there is no 50/50 sharing. All goes to charity!

For further information, contact Elsa Ponte, phone 963 731 171, e-mail: elsaponte@gmail.com or Marianne Andersen, phone 919 280 570, e-mail: marianneapr@gmail.com

First East Algarve open mixed foursomes



From left to right: Tony McHale (Captain) Carol Emery & Les Emery (winners) and Dottie Powell (Lady Captain).

The 1st East Algarve Open Mixed Foursomes took place at Benamor on Monday 25th June when 48 competitors competed for a Salver.

The Scratch competition was won by Danny MacDougall and Dottie Powell the Lady Captain from the home club the Golf Club of Tavira with a 76.

The runners up were Tony McHale, Club Captain and Carolyn Wright with a gross 80.

The Handicap winners and winner of the Salver were Les and Carol Emery with 37 points also from the Golf Club of Tavira and the runners up were Mike Hassid and Margo Fletcher from Pinheiros Altos with 36

points.

In addition to the home club six other clubs from across the Algarve were represented. At the prize giving Tony McHale thanked all participants and expressed the hope that in 2008 the entry would double as mixed foursomes became more popular in the Algarve.

All Saints Anglican Church celebrates its first birthday

July is set to be a busy month for All Saints Anglican Church as it celebrates its first anniversary as an independent church.

Last Monday evening saw over 50 people at the Swiss Restaurant Almancil, enjoying an anniversary meal with thankful hearts and minds. Since its formation All Saints has grown by over 100% with an average congregation of about 90 each Sunday. The congregation is now preparing itself for its fourth annual Children's Adventure Mission Week, this year called "Waterworks Park".

Each year the Mission Week (which started when the congregation was part of St. Vincent's) has grown in numbers and the leaders are expecting some 50 children from the age of 3 up to

15 for activities and fun around Biblical themes relating to water. Some 25 adults from All Saints are involved, along with a number of students who are coming from the UK to help.

The Mission Week coincides

with the Anniversary Service on the 15 July at 10.30 am and at the end of the month there is a special Stewardship weekend as members are encouraged to review their commitment to Christ and the Church.

Bowls Algarve update

The Bowls Algarve caravan moved on to Parque da Floresta for round seven of the Summer League. All teams had to contend with a gusty wind which made life difficult at times, nevertheless the games were played off successfully.

The high flying Alvor Doves chalked up another victory by beating the PDF Panthers by 38 - 28 and by 6 points to 4. The table topping Alvor Larks did even better by winning 42 - 29 over the VDL Wolves, scooping another maximum 10 points. PDF Pirates made home advantage tell by winning 45 - 26 over the Tavira Tigers and took 6

points to 4. The fourth match saw CPO Cats lose to the Tavira Titans by 33 - 40, Titans gaining 6 points and the Cats 4.

The table stays much the same, with the Larks consolidating their position with 51 points, followed by the Doves on 46 and the Tigers on 40. The Titans have 36 points and the Panthers are 5th on 28 points. The Pirates move off the bottom to 6th with 27 points with the Cats on 26 and the Wolves slip into the basement again with 24 points.

Next week is the final week of the competition and will be played at PDF. The draw for this last round sees the Larks play the

Wolves, the Doves play the Cats, the Tigers play the Pirates and the Titans play the Panthers. The matches will be followed by the presentations and a buffet lunch for everyone to round off another very successful competition for Bowls Algarve.

Alan Clarke
League Director

Bowls Portugal open day a great success

On June 24th, 48 bowlers from across the Algarve and Spain met for a triples tournament and BBQ lunch at Vilamoura Bowling Club, in support of the Refeitório Social de Quarteira. A grand total of €400 was raised for this very worthy local cause. The eventual winners of the tourna-

ment were Gerry Jones, Jenny Jones and Chris Maloney from Vilamoura. Runners up were a team from Tavira Country Bowling Club: Joe Matos, Kate Hewitson and John Hewitson. This will now most definitely be an annual event open to all bowlers.

CENTRAL ALGARVE Meet and Greet

An evening meeting with the chance to network with guests and members in the beautiful relaxed atmosphere of the Hotel A Colina. The evening will also include a wine tasting, with the chance to buy at special prices.

Members why not display your product, samples, literature and promote your business? Remember, this will be the last meeting before the Summer break so come along and join a fun evening and make the most of this opportunity. If you require a display table please let Paulette know. Circulate, socialise, learn and network.

Directions to Hotel A Colina, formerly Hotel Berry. From the West, on the A22 motorway take exit 13, the Faro airport turn off. Follow signs for Almancil. Join the N125, after 2 kms take the left turn, signed Ludo, and first left again. The hotel will be found at the top of the track.

If travelling through Almancil towards Faro, take the right turn to Ludo turn just past St Lorenzo church.

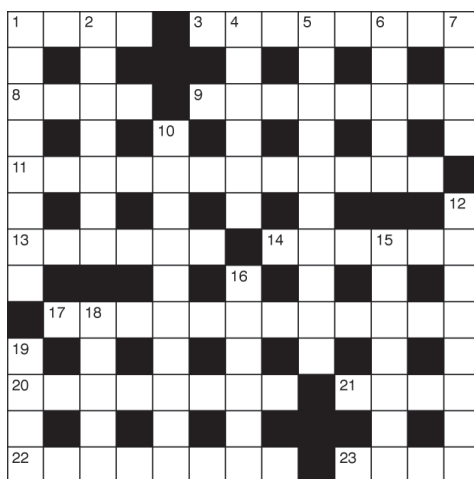
Wednesday July 11th 2007
Wine and Canapés at A Colina Hotel, Ludo Valley,
Almancil 6pm-8pm
Cost: Members €8 Guests €10
Please book no later than noon on Monday, 9th July



Contact Network Co-ordinator,
Paulette Fouché at pfouché@clix.pt or
282 415843

www.networkalgarve.org

The Portugal News Crossword No. 149



ACROSS

1. Roguish (4)
3. Spur (8)
8. Flow (4)
9. Series (8)
11. Shortening (12)
13. Drowsy (6)
14. Get (6)
17. Dread (12)
20. Dutiful (8)
21. Information (4)
22. Assembled (8)
23. Yield (4)

DOWN

1. Clapping (8)
2. Disintegrate (7)
4. Essay (6)
5. Trickster (10)
6. Language (5)
7. Outhouse (4)
10. Endanger (10)
12. Flood (8)
15. Stir (7)
16. Opportunity (6)
18. Iron (5)
19. Fate (4)

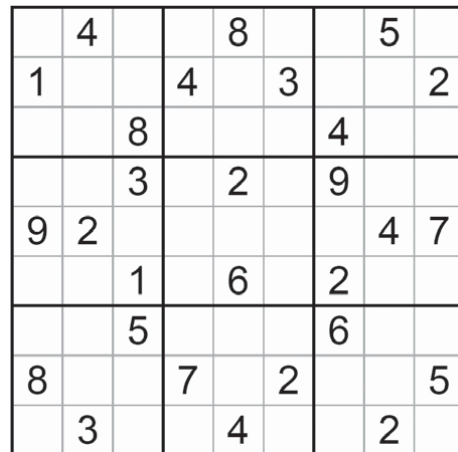
QUICK CROSSWORD SOLUTIONS No.148

Across: 1 Tobaccoist; 9 Uniform; 10 Eerie; 11 Rumba; 12 Obscene; 13 Envoys; 15 Stench; 18 Burglar; 20 Pagan; 22 Climb; 23 Violins; 24 Strait-laced.
Down: 2 Opium; 3 Anomaly; 4 Common; 5 Needs; 6 Surgeon; 7 Quarterback; 8 Telephonist; 14 Verdict; 16 Tapioca; 17 Cravat; 19 Libra; 21 Grime.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.



Last weeks solution:

6	4	9	5	3	1	2	8	7
7	2	3	6	8	4	1	5	9
5	1	8	7	2	9	6	3	4
3	5	1	8	4	7	9	6	2
2	9	7	3	6	5	8	4	1
4	8	6	1	9	2	3	7	5
9	3	4	2	5	6	7	1	8
8	7	5	9	1	3	4	2	6
1	6	2	4	7	8	5	9	3

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

RE/MAX Lagos team wins again!

Again this year, at the Portuguese Re/max Convention, it became clear that Re/max Lagos is one of the top offices amongst the 300 already opened in Portugal, and the team is one of the best among 3,000 associates.

Winning four prestigious awards, Re/max Lagos want to express to all their clients its

profound gratitude for trusting in them.

The photo shows Anicka de Kruijff, Lurdes Martins and João Nunes, proudly showing the awards received from the hands of Dave Liniger, Chairman of the Board and Co-founder of RE/MAX International, Inc., who came from the U.S. to the Portuguese Convention.



São Lourenço students work experience

Several São Lourenço students recently took part in work experience jobs in the areas they were interested in. Year 10 student Rachel Haenow learnt how to be a mechanic at Casbusol Lda and Business studies students at Blevins Franks and Lloyd and Whyte Insurance.

Studies at Blevins Franks and Lloyd and Whyte Insurance really looked the part with smart shirts and ties. One student even spent a week in the London Stock Exchange with ADM Investors, while others tasted the world of careers in sport at Oceânico Golf, Barringtons, Jim Stewart Tennis Academy, Câmara Municipal of Faro and Colégio Internacional Vilamoura and dressed more casually.

Nexus Computer and Internet Services offered the chance to de-

sign a company logo, Four Seasons Fairways showed how diverse the Hotel Industry is and architectural experience was gained at Arquidois. Students also worked in Retiro Recording Studios in Tavira and Unicormio Veterinary Surgery. The diversity of careers available even in the Algarve is amazing and the willingness of the various employers to allow these young people an insight into the working world is extremely commendable.



Rachel Haenow, year 10 student from São Lourenço International School changing oil at a garage where she was undergoing Work Experience as a car mechanic. The staff at Carbusol Lda made her very welcome and she even had to wear overalls!

An Iberian adventure for Castelo de Sonhos

One man, two wheels and a 1417.5-kilometre bike-trek from Valencia, Costa Blanca, Eastern Spain, to Albufeira, the Algarve, Portugal, in the name of a good cause; it may sound rather ambitious but this is the adventure that 63-year-old Stephen Grady embarked on (and indeed completed) to raise money for the Silves-based Castelo de Sonhos charity.

The gruelling 15-day journey was organised by Stephen, who is the recently-elected chairman of the Algarve 41 Club.

Stephen was introduced to the Castelo de Sonhos charity via the wife of a fellow 41 Club-member, and decided to unite his passion for cycling to raising revenue for the charity, coming up with the trans-Iberian sponsored bike ride. A prize for the closest guess on how many kilometres he would cover from Valencia to his garden gate in Albufeira was offered—a luxury weekend for two at the Baía Grande Hotel in Sesmarias, Albufeira—with each entry being asked to donate a small fee.

In total, an amazing €5000 euros was raised for Castelo de



Stephen Grady with Drª Liliana from Castelo de Sonhos.

Sonhos, presented to the charity's founder, Drª. Liliana Rodrigues, this week during a ceremonial luncheon at the Mato à Vista Restaurant, in Foral, near Messines.

Saddle-sores aside, Stephen recounts his adventure with a smile. Getting lost in the middle of no-where, where locals had never even seen a map be-

fore, endless dusty dirt tracks, busy, fume-filled motorways and being chased by dogs were just a few of the parodies that comprised his adventure, which he shared in the company of a fellow cyclist and a car that accompanied the duo with provisions.

Stephen completed a total of 1,417.5 kilometres in 15 days, cycling an average of eight hours and covering 100 kilometres a day, including two rest days.

During his presentation speech, Stephen said, "I can't think of a worthier or more de-

serving cause to ride for".

For Drª Liliana the cheque is a welcome donation, and will be put towards the charity's many expenditures, purchasing more provisions, and helping to get the new premises in Portimão up-and-running.

Castelo de Sonhos is an officially recognised charity, financed entirely by donations, that offers protection, and care and supplies free essential provisions like food and clothing to underprivileged individuals including children, the elderly, and emigrants.

Friends first schools' poetry and illustration competition

Friends of the Museum have started an initiative that has found great favour with the teachers and students of the schools in São Brás. There is a strong Portuguese tradition of writing and reading poetry and where better to start than the schools. Marie Mombers, who is in charge of school liaison and translations for Friends of the Museum, led an initiative to encourage students to write poetry and provide an illustration to go with it. Members of

the jury comprised Gonçalo Couceiro, a representative of the Regional Cultural Delegation, Teresa Oliveira from São Brás and Jane Page. Prizes were given for 3 different age ranges and students were encouraged to read out their poems. "It was a great pleasure having so many children, parents, grandparents and teachers in the Old Gallery of the Museum to see the Children's work" said Emanuel Sancho, Director of the Museum.

St. Andrew's Society are holding a quiz evening at Porches Pottery on Saturday 28th July.

**There will be a cold buffet 6.30pm for 7pm
Please phone Cathy on 919635246 as soon as possible as numbers are limited.**

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A Musical experience in Monchique



During the month of August a series of free, live concerts is to be held in the *Termas de Monchique* Spa, as part of the Oriente Foundation musical cycle that will take place between August 5th and 26th.

The Spa itself is located within the magical Monchique mountain springs and feeds off the springs' water, which are used as one of the Spa's most renowned treatments.

Every Sunday in August, from 21h30, a live band will offer an enjoyable night of melodies and rhythm, ranging from classical, to gypsy and Hindu music.

The program is as follows; August 5th, Duo Hamel-Pereira. Emilian Hamel and Eurico Pereira will be plying masterpieces by Mauro Giuliani, Cosimo Bottegari, Ludwig Van Beethoven, May Kay Yau, Manuel Ponce and Johannes Brahms.

On Sunday the 12th Little Jipsy Dream will take to the stage, a duo of violinists

composed of Alexander Stewart and Jan Schabowski.

The Machina Mundi duo, a mixture of flute and percussion, will be playing on Sunday the 19th of August, followed by Hindu-inspired musician Manuel Leão, who closes the series of concerts on August 26th. For more information, contact the Termal Caldas de Monchique on: (+351) 282 910 910.

School holiday excavations to entertain and educate students



It is not just tourists who enjoy the Algarve during summer, regional students on their summer break make the most of the sunshine too. Between July 16th and 27th, mornings in Alcalar are to become an archaeological holiday camp for over-17s with an interest in history.

Supported by Portimão city hall the project aims to offer students on school holidays an interactive and educational occupation.

Any student over the age of 17 is invited to participate in the digs, which will teach practical excavation process techniques.

Excavations will take place around Alcalar (between Portimão and Lagos), which is a renowned area for pre-historic monuments.

Enrolment is open until July 10th, and can be done in the Portimão museum's centre of documentation.

Those enrolled will be divided

in two groups, with a maximum of 12 people per group.

The first group will undertake excavations from July 16th – 20th, the second from July 23rd – 27th.

For more information, contact: (+351) 282 412 298, fax 282 417 979, or email: museu@cm-portimao.pt.



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Don't miss the Algarve Airsports Spectacular this weekend!



On Saturday July 7th, from 10h00, you will have the chance to witness history in the making as some 50 micro-light pilots attempt to break the official Guinness World Record for the most Micro-lights flying in formation. To be held at the Lagos aerodrome on the EN 125; the unmissable day-long event will also feature music, food, and entertaining demonstrations by aircraft, cars, and legendary Harley Davidsons.

During the deluxe event visitors will also be able to enjoy exhilarating trial flights for just €20, have the chance to jump on the back of a Harley, see breathtaking aerobatic displays, participate in off-road driving adventure rides in Jeeps, and watch a thrilling micro-light aircraft racing demonstration (sponsored by TimerHomesAlgarve.com).

Other demonstrations will feature classic cars and radio controlled aircraft aerobatics. Food and refreshments will be available all day, and DJ Marc Damon of Kiss FM will provide the musical entertainment.

Currently set at 31 micro-lights flying in formation, the Algarve Airsports Spectacular event organisers are confident they will break the record as pilots from all over Europe have already enlisted to be part of the challenge. Now

it simply remains to be seen if the formation can be held as they fly from Cape St. Vincent and swoop over Lagos' aerodrome, where official Guinness authorities will be judging. Should the troupe of 'Micro-lighters' break the record,



it will also be the first time that Portugal enters the famous book of world records, so this is a one-off chance to witness history in the making. Nail-biting stuff!

This brilliant day of events promises action-packed fun for all the family.

It is the first time that anything of its kind has been organised in the Algarve, or in Portugal.

A reader competition in cooperation with **The Portugal News** is also being held, where one lucky reader can win a one-hour flight on a Micro-light. All you need to do is take your copy of **The Portugal News** along on the day, fill in, clip, and hand in the form, on the right, at **The Portugal News stand** and you will be entered in the free prize draw.

The concept of Algarve Airsports Spectacular was the



See over 31 micro-lights flying in formation this weekend.

brainchild of world-acclaimed micro-light pilot Gerry Breen, of the Algarve Airsports Centre, along with the event's media and event director, Phillip Gilbert, who is also a micro-light pilot. Together, the adventurous duo aim to put on a show of an unprecedented scale. Next year, they also hope to bring the world's first-ever Micro Air Racing Championship to the Algarve, the equivalent of motor racing's Grand Prix.

Backed by Gerry Breen's Algarve Airsports Centre, Lagos City Hall, the Aero Clube de Lagos, and APAU – the Portuguese Association for Ultra-light Aircraft – the day also aims to raise funds for local charities, the Lucinda dos Santos orphanage, and Lagos Bombeiros.

An extra effort has been made to keep all activities as affordable as possible, so any family, however large or small, can enjoy all that the Airsports Spectacular has to offer.

The entrance fee is only €5 per person, under-12's free.

For more information, contact (+351) 914 903 384, or see website: www.gerrybreen.com. Doors open 10h00 – 17h00.

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Freixo de Espada á Cinta

Recently we travelled to the interesting town of Freixo de Espada á Cinta that was the most northern town that we visited on our 1,500 kilometre exploratory round trip. It is situated just west of the Douro river that at this point forms the border between Portugal and Spain and extends for a distance of 113 kilometres from just north of Miranda do Douro to Barca de Alva some eighteen kilometres south of Freixo de Espada á Cinta. During one stretch of fifty kilometres it drops three hundred and eighty metres through a series of rapids and gorges.

There are several routes to reach the town, either by travelling northwards on the IP2, E802, as far as Pocinho then taking the N220 through Torre de Moncorvo to the southwards N221, or for a 'castle' experience leave Guarda on the eastwards E80, IP5 as far as exit 30 and first visit Castelo Mendo, a small fortified, medieval stronghold that was built on a previous Celtic settlement, its entrance portal guarded by two prehistoric granite pigs and within a dominating pillory and other interesting features. From here travel northwards to Castelo Bom that has few reminders of its place in history, then on to the impressive star shaped bastion fortress of Almeida and finally to Castelo Rodrigo, its imposing hilltop ruins surrounded by the village, before joining the N221 to reach Barca de Alva the final destination of the cruise boats that sail from Porto, and on through spectacular scenery to Freixo de Espada á Cinta. The history of this town, recognised as one of the oldest towns in the Trás-os-Montes region, is thought to go back to the Iberian tribes – Nabassai and Vettoni – that occupied this area before the Romans although there is no definite knowledge of fortifications from these times other than reference to a castle, when it was granted a charter from Portugal's first king, Dom

Afonso Henriques in 1155. During the reign of Dom Sancho II in 1240 it was designated as a *Vila* – small town – an award for having defended it from attack by the king of Leon – in Spain. In 1512 Dom Manuel I granted it a new charter. The historic zone of the town is just off the through road, but very well worth a visit as its Manueline architecture from the time of Dom Manuel in the late fifteenth and early sixteenth centuries is considered to be amongst the best for a small Portuguese town. The Farmer King, Dom Dinis during his reign from 1279 to 1325 reconstructed the castle, of which little now remains other than the huge seven sided granite *Torre do Galo* that was declared a National Monument in 1910, although the bell tower with a clock and pyramidal roof was a later addition. The *Igreja Matrix*, Igreja de São Miguel, also a National Monument and a Zone of Special Protection is, like so many of the town's monuments, under the auspices of IPPAR – *Instituto Português do Património Arquitectónico*. This church, whose construction began in the sixteenth century, has features that are reminiscent of the famous Jerónimos Monastery in Lisbon and the church in the Convent of Jesus in Setúbal, but when we visited we discovered that

the magnificent golden main chapel, the *pièce de résistance*, is under renovation and is expected to take up to one more year to complete, having begun a year ago with specialists in the art of restoration, especially gilding, implementing this exacting task. When the work is completed it will be breathtaking and show off to perfection the sixteen magnificent panels that are attributed to an artist who reproduced several paintings by his mentor Vasco Fernandes – also known as Grão Vasco – the famous painter who spent almost half his life painting in his Viséu workshop. Several of the sculptures are accredited to a Flemish sculptor Arnão de Carvalho who also worked within the same school. In addition, the two side chapels and three naves make a very impressive interior with all the capitals on the lofty columns carved differently. Throughout there are several later additions to the interior including the sacristy door that is dated 1738, plus the unusual circular cast iron pulpit.



Jorge Álvares statue



The Portugal News presents a fortnightly page entitled 'Luso File' with words and photography by Madge and John Measures.

The Measures have lived in Portugal since November 1968. During most of that time they have studied the natural history, handicrafts, traditions and many other aspects of the country in which they have made their home. For many years Madge and John have written about Portugal and for over twelve years lectured on all its facets. On a regular basis they will be sharing with our readers some of the fascinating and to many unknown, place and traditions they have researched.

Throughout the town you will see many fascinating windows and doorways with Manueline architecture, plus the pillory that was declared a national monument in 1922 within the square near the *Turismo* just back from the road that passes through this small town. Until recently it was complete with the heavy iron manacles, but those were no longer in evidence on our last visit. One feature that we have not seen before on a pillory is a carved human head within the decorative capital.

Two statues within the town commemorate notable personages that were born there. Guerra Junqueiro a poet who lived from September 17th 1850 to July 7th 1923 was a lawyer at the University of Coimbra, as well as being a satirical poet at the time of the Portuguese Revolution of 1910 and thought by many, to be the most popular poet of his time.

Near his statue is the home of his parents, *Casa do Junqueiro Velho* that is now an ethnological museum portraying life from the end of the nineteenth to the middle of the twentieth century. The nearby tourist office will have information on the opening times and can give you explicit directions for finding this house.

The second statue situated in the square that bears his name, is that of Jorge Álvares who in May 1513 was the first Portuguese to set foot on Chinese soil accompanied by two Portuguese sailors. Landing on the island of Lintin in the estuary of the Pearl river they erected a *padrão* in the name of their king. Their expedition resulted in the first trading posts from that region that finally united to have their headquarters in Macau.

This is truly an interesting town to visit, especially when the renovations within the parish church have been completed. Our next Lusofile will describe our visit to the only silk worm breeding farm in Portugal that is also to be found within this intriguing municipality.

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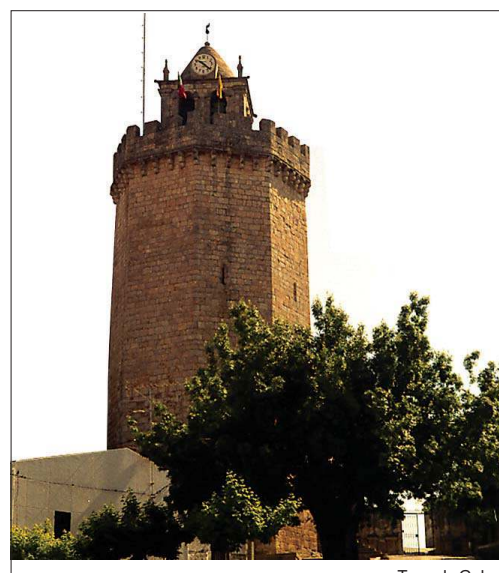
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Torre do Galo

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net

Nandi Charity Fund

SIR, I write to explain about our organization, "The Nandi Charity Fund". Our registered charity has been in existence for 10 years raising money to help stray and abandoned animals in the Western Algarve - well originally!

"Nandi" continues to help more and more stray and abandoned animals through sterilization programmes, but we are now helping 3 animal sanctuaries with costs towards their ever increasing feeding costs - we believe we are the only Charity in the Algarve that offers this kind of help alongside our original aims.

We need to raise ever increasing amounts of money to continue this work - to help us do this our major fund raiser for this year is a Well Being Fayre and Fashion Show to be held on 1st September 2007 between 12.00 - 16.00 and 18.00 - 21.00 respectively at Cultural Centre in Lagos. For more information contact Maureen 282 762248 or nandifund@aol.com

We are always looking for Volunteers to work in our Charity Shop in Lagos. It is open 7 days a week from 10 - 16.00, phone the above contact for more information.

I do hope your readers will support us in any way they can with donations to sell, buying tickets for 1st September or helping in the shop

MAUREEN NORTON, President, The Nandi Fund

Blair's new job

SIR, So, Blair is to be ap-

pointed Peace Envoy to the Middle East, another newly created "jobs for the boys" post that will provide rich pickings for yet another bunch of mainly failed politicians (motto: "Don't rock the boat lads, you'll spill the gravy") growing fat on the taxes of those who have no say in their election or what they do.

That's a laugh, since he has been directly responsible for exacerbating the trouble in parts of that area for many years, a fine example of job creation if ever there was one! No doubt he will stay there until the plum job of first President of the EU comes on stream and, by putting into practice the lessons learned during his long apprenticeship under Bush, he could fulfil the dream of strutting the red carpet as a President.

I wonder if his advisors are weighing up the advantages of putting his rumoured change to Catholicism on hold and becoming a Muslim? Mind you, a bit of care is needed there because, unlike politics where an elected MP can defect to another party in midterm leaving those who elected him unrepresented, becoming a Muslim is a one way trip. The followers of Islam do not look kindly upon those who jump ship and are prone to issue worldwide death warrants.

RON LAVERY, By e-mail

Whatever happened to skirts and dresses?

SIR, May I introduce a new topic to your columns and seek the views of your readers as to why so many women nowadays

wear trousers - for the female sex a most unflattering garment, particularly jeans. Can someone explain to me why skirts and dresses have largely disappeared? They are so much more elegant, attractive and becoming.

NORMAN WALKER, Moncarapacho

Points to ponder

SIR, I live in the Algarve, Portugal and I think most people do not have big problems with Gays or Muslims here (am I right?), so why do you print this hateful letter from the Herringtons?! Looks to me as if they mostly talk about England from a white, Christian, English angle, but here in the (formerly known as) Al Gharb we try to live in peace and harmony with our friends and neighbours. Yes?

2) Did you (the readers) vote for the 'New 7 Wonders', I didn't see anything about it in the paper yet, but the grand finale is supposed to be in Lisboa on July 7th. Please let us know how it went, and why is that beautiful Mediterranean Phoenician site called Magna Leptis not in the contest? Is it politics?

3) There is a restaurant on the West coast that's famous for its lovely lamb and great fish dishes, but I mislaid the edition where it says the name and where it's located, has anyone a clue?

4) Finally I would like to welcome England's newest leader and wish that he reconsiders the wars in Afghanistan and Iraq. After all, we do live in the year 2007 and war seems to me as a pretty low way to solve big issues (there were never any weapons of mass destruction or biological threats, and Saddam is long gone.) So let's try to lessen the burden on the millions of people living there.

GUVA JOBB, By e-mail

Regarding point No. 2) - We

covered this subject some weeks ago and will be reporting on the results in next week's edition. Ed

Re. Call to Christians

SIR, Tony and Lois Herrington have called for Christians to rise up and take back the West. But we must ask, "why bother?" The contraceptive mentality has pretty much depopulated Europe of Europeans and contributed to the unbridled immigration of Muslims. Europeans have come to believe that all religions are basically the same; wrong and the source of unnecessary fighting.

Revisionist history teaches kids in school that the Discoveries and Crusades are to be apologized for. Spain, after a 700 year war to take back their country from the Moslem invaders, is now inviting Moroccans to move to Granada.

Materialism, both communist and capitalist, has duped the West into believing that man lives by bread alone. Secularism has become the new religion with its own doctrine of origins (Darwinian evolution), eschatology (we are to be worm food), ethics (recycle and wear a condom), martyrs (gays denied the right to marry, girls "needing" abortions), sins (intolerance) and infallible dogma (there are no infallible dogmas, everything is relative).

The fact that the new religion doesn't mention God doesn't mean it is not a religion. There are lots of religions that don't believe in a personal god. Buddhism, for example. Shintoism too.

As Devil's Advocate, I must ask Tony and Lois to explain why Christianity should have a voice outside of the confines of Sunday morning services. Who needs it?

JAMES ROSS, By e-mail

Does anyone care?

SIR, Tony and Lois

Herrington talk about Christians suffering discrimination for their faith in their e-mail 'Does anyone care?', published in *The Portugal News* on 30th June. The cases they quote are questionable as examples. The examples of the cross and the ring were where a school and an airline company had banned JEWELLERY (Christians are not obliged to wear jewellery by their faith). In the case of the pensioners, they were distributing anti gay tracts i.e. hate literature. Tony and Lois seem to be objecting to schools trying to get rid of anti-gay prejudice by teaching students about gay partnerships - but if churches disagree with that (and there are some that don't) they can preach what they like - IN CHURCH.

What they do not seem to realize is that Christians are only one religious minority among many in Britain today and like all faiths, they should be allowed religious freedom, but should not expect any kind of privileged treatment. Unfortunately many Christians seem to think they should have the right to tell everybody else how they should think and behave, influence laws, spread prejudice and hatred about minority groups such as homosexuals and so on.

Luckily now we live in a more enlightened society where everybody is entitled to live in peace, free from the kind of persecution that was common in so-called Christian societies only a short time ago. Unfortunately many Christians do not appear to heed the words of their founder such as "judge not that ye be not judged" and "love thy neighbor as thyself", preferring to selectively follow some of the harsher strictures of the Old Testament, while (conveniently) ignoring others. If Christianity truly were a religion of peace and love, then, maybe, Britain would still be a Christian nation.

GLEN HAGUE, By e-mail

There's no smoke

SIR, Well I simply didn't believe I could be any more shocked by the arrogance of smokers smoking in public till I met this guy. And no niceties about permitted or not - here it plain wasn't.

Time: 4pm. Place: chemo-therapy ward, Barlavento Day Hospital. I'd had over 2 hours on a chemo drip when my nurse tapped his nose and said "Smoke?" He found a guy two rooms down who'd opened the window and lit his fag - in an oncology ward! Here's me sorting my first affliction - this fellow has decided perhaps I need a season ticket. He even makes Josh Price stand out as enlightened and progressive (*The Portugal News*, 9th June).

Still it's scarcely surprising. Smokers assume the right to fill all our lungs with their highly toxic wastes: until it's banned in public they'll just choose to generate serious diseases in others, including many fatalities (Estimate: 2,500 p.a. deaths from smoking in Portugal of those who have never touched a cigarette in their lives - *The Portugal News* 30th June). Unfortunately, so far, govern-

ments wouldn't condemn the abuse because they wanted the tax revenue. Fortunately, they've at last realised it costs more to treat the health problems generated by smoking than the tax brings. (Estimate: health costs re smoking 434 million euros, Portugal 2005 - *The Portugal News* 30th June.) So now we may get a bit of a smoking ban (Jan 08). Not full-blooded, a l'anglaise: just noddled, a l'espagnoles. Still, it's the first step, and the EU will want to synchronise the higher standard soon - the government too. And cafe owners are expected to "safeguard the air quality of non-smokers" - which they certainly don't do in Costa del Sol. It just means yet longer that we, the vast majority, must fight for our rights (Onco-Paolo certainly won't notice them).

Talking directly about these issues in public though can be extremely risky - some friends become incredibly considerate: others - well...? Anyhow, after this, no more letters on smoking, promise - far more interesting things around. (I'd still like to send chemo-fag addict - Mr. Price too? - by plane, to England, early July, one way....)

STEVE WEBSTER, Vale Fuzeiros

Road deaths down by 300%

SIR, I read and enjoyed your newspaper while I was vacationing in Portugal in early June. But I had to chuckle, when I read the headline in your 9th June 2007 edition of "Road Deaths Down by 300%", and I thought I would have a little fun at your expense by pointing out that while everyone probably understood what you were saying, the headline was technically incorrect for the following reason: an item can only be reduced by 100%.

The correct formula is the amount of the decrease divided by the original amount. In your case the decrease should have been 66% computed as follows (271 minus 91 = 180 the amount of the decrease) divided by 271 the original amount. Using the correct formula, an item can never decrease more than it was originally. In other words, Road Deaths can not have decreased by 813 and be a minus 542 (271 times 300% minus 271). You cannot create 542 lives on the highway in just one decade.

I hope you will accept this email in the light-hearted spirit that was intended. You live in a great country and I enjoyed my 2 ½ weeks in Portugal immensely.

BILL STRANGE, By e-mail

Ref. Portugal's first toothpaste - The Portugal News 16/06

SIR, What a sad looking picture! Was Sr. Alberto Gomes de Silva's expression intended as a celebratory one?

Why the absence of a dazzling 'Couto' smile? Not a photograph to boost sales, but quite brilliant in its way. The hand resting on the tube of toothpaste gives it a filial air, and the expression in Sr. Gomes de Silva's eyes is reminiscent of Chaplin. Combining pathos and comedy is an art, after all.

DIANA ESTEVES CARDOSO, Estoril

330 Portuguese for all.

Na lição de hoje vamos resolver um exercício de escolha múltipla para consolidação de advérbios.

Até à próxima lição, Emília Rosendo.

Exercise: Choose the adverb - a), b) or c) - which best completes each sentence below.

- Hoje é Domingo, então ____ foi Sexta-feira.
a) ontem b) depois de amanhã c) anteontem
- ____ os meus filhos vão a um jantar, por isso estão a arranjar-se.
a) Logo de manhã b) Logo à noite c) Logo à tarde
- Devemos lavar muito bem as mãos ____ nos sentarmos à mesa para comer ou começarmos a preparar uma refeição.
a) durante b) depois de c) antes de
- O António ____ conheceu a bisavó materna porque, quando ele nasceu, ela tinha morrido já há alguns anos.
a) nunca b) ainda c) já
- Os alunos desta turma vão ____ à biblioteca; talvez três ou quatro vezes por semana.
a) às vezes b) sempre c) frequentemente
- Que tecido ____ suave!
a) muito b) tão c) bastante

- O empregado da loja transportou as caixas ____ porque continham objectos valiosos que se podiam partir.
a) calmamente b) cuidadosamente c) silenciosamente
- Ele deita-se sempre muito tarde, por isso nunca consegue acordar ____.
a) cedo b) depressa c) devagar
- As crianças brincaram ____ que agora estão a descansar.
a) tanto b) muito c) tão
- De que fruta gostas ____?
- De quase todas, mas a minha preferida é o morango.
a) bem b) menos c) mais
- Aquele é um restaurante ____ frequentado na região porque, segundo dizem, o cozinheiro é fenomenal e o serviço muito agradável.
a) mais b) bem c) tanto
- Ele subiu as escadas, abriu a porta e viu que ____ havia uma inundação.
a) no andar de cima b) no andar de baixo c) algures

Please send your completed exercises, with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will send them back corrected. The Portugal News - Apartado 13, 8401-901 Lagoa. Tel 282 34 11 00.

A picnic in the park



A romantic picnic is a great way to woo but to succeed men need to look the part. We reveal a pre-picnic workout to pump the pecs and boost your chances of winning the girl.

Smart men know that if you want to woo a woman in the summer it's hard to beat that great tradition - a romantic picnic. Lying around outdoors feeding each other finger foods as (hopefully) the sun beats down on your scantily clad bodies is a great way to fan the flames of love.

But beware weaklings - pathetic pecs in a t-shirt or skinny

hairy legs are as appealing as soggy sandwiches!

Don't despair though, there's no need to sweat it, just use a quick fix way of pumping up those muscles half an hour before the feast, which could ensure your body's as tasty as the snacks.

Health experts at Men's Health magazine have devised the

30-minute Wicker Plan - its moniker inspired by the old style picnic basket - to turn puny picnickers into well-toned turn-ons.

Either nip to the gym just before the outing or use free 'equipment' like a park bench for your pre-picnic workout.

"High intensity reps can increase muscle volume by 10% for up to three hours," says Dr

Graeme Close, exercise physiologist at Liverpool University.

You'll probably burn off around 400 calories and can also capitalise on the 45-minute post-exercise window.

"Protein and carbs go directly to your muscles so the grub will swell your pecs not your paunch," Close says.

STRATEGY FOR A PRE-PICNIC CIRCUIT

Go through the exercises three times, with a three-minute recovery jog in between for a 30-minute full-body circuit. (Perfect for getting you out of the tedious picnic preparation).

Or, mix and match the exercises to meet your specific goals. **FOR A T-SHIRT TORSO - PARALLEL BAR DIPS**

Works: Triceps, shoulders, chest

Using just your body weight, dips build great triceps, shoulders and pecs," says Graeme Marsh, author of Strong And Fitter For Life, published by A&C Black.

"Focus on absolute control throughout. And to bulk up your arms, keep your body upright. To hit your chest more, lean forward as you lower."

In the gym

Aim for three sets of 10 to 12 reps, resting 30 seconds between sets.

Find some parallel bars and place one hand on each bar. Extend your arms until they're

straight to lift yourself.

Bend at the elbow to lower your body until your upper arms are just below parallel to the ground.

Pause briefly, then push up and straighten your arms until your triceps are fully locked out.

In the park

If you can't find the bars use a park bench. Aim for three sets of 15-20 reps, resting 30 seconds between sets.

Get in a press up position with your thumbs touching, and feet on the park bench.

Keeping your body aligned - don't let your hips drop or upper back round - lower until your forehead touches the floor.

Drive back up to the start.

FOR A V-SHAPED BACK AND RESPECT-EARNING FOREARMS - CLIMBERS' PULL-UPS

Works: lats, biceps, chest and

forearms

"The climber's pull-up adds a twist to an old favourite" says Robin Gargrave, director of YMCA Fitness Industry training. "Adding lateral movement means lifting the same weight with fewer muscles, so they'll get bigger, faster."

In the gym

Aim for three sets of 10-12 reps, resting 30 seconds between sets.

Hang with your hands shoulder-width apart, palms facing out.

Pull up towards one hand until your eyes are in line with your fist.

Lower to the start position and repeat to the other hand.

In the park

Try low bar climber's pull ups. These target the spinal regions of your mid and lower back as much as the upper region. "It's

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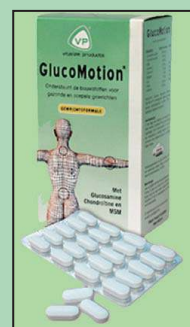
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also a great core workout since you have to keep your whole body tense," Gargrave says.

Aim for three sets of 12-15 reps on each side, resting 30 seconds between sets.

Hang from a waist-high fence or railing, body straight, legs and hips in line.

Pull your whole body up until your chin's level with one hand.

Lower to the start position and repeat to the other hand.

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"A great exercise for building arms, grip strength and core power," says Kevin Yates, manager at Fitness First. "And by working your transverse abdominals you'll eliminate those love-handles."

In the gym

Aim for three return trips, resting for 30 seconds between each. Swing from bar to bar.

When you reach the end, turn and head back. "Vary your grip to activate different muscle groups" Yates advises.



Monkey swings.

In the park

Try Twisting Leg Raises: "These build arm strength and develop your core," Yates says.

Aim for three sets of 10-12 reps, resting 30 seconds between sets

Sit on a swing. Reach above your head and grab the chains, wrap them once around your arms, ideally using gloves to protect your hands.

Lift your legs off the floor, bringing your knees towards your chest, then twisting them

Side hurdles.



to one side of your body.

Slowly lower your legs and repeat to the other side.

LEGS FOR SHORTS AND SPEED

Works: whole body

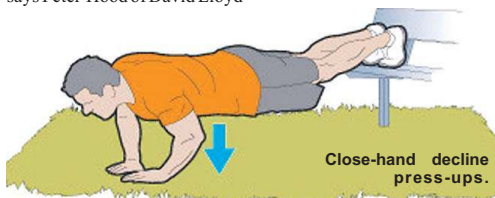
"Perfect for building agility and explosive strength and adding an intense, fat-shedding, fitness building aerobic element," says Peter Hood of David Lloyd

Leisure.

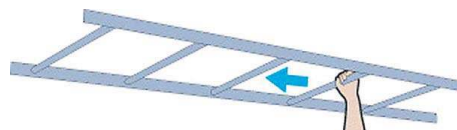
"You're training your fast twitch muscles, which builds size and gives you the edge in pretty much every sport."

In the gym

Perform two return trips (totalling 16 hurdles), rest 30 seconds and repeat for a total of three



Close-hand decline press-ups.



Monkey swings.

sets.

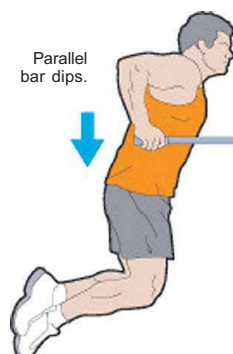
Face the hurdle with both hands on it, feet together.

Keeping those feet together, spring over the middle of the hurdle, softening your landing by flexing at the ankle, knee and hip.

Quickly move your hands to the next hurdle and repeat. The key is keeping ground contact brief: "Imagine the ground's burning hot and really bounce after each landing to hit your fast twitch muscles," Hood says.

In the park

Try park bench hurdles, in-



Parallel bar dips.

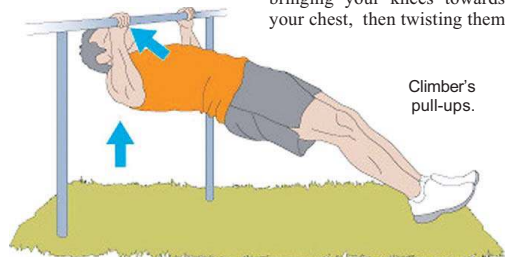
stead. "You have to jump further to clear the seated section, so take care," Hood says. "And make sure it can take your weight."

Do as many as you can in 30 seconds. Rest for 30 seconds, then repeat twice.

Place both hands on top of the bench. With your feet together, spring over, softening your landing by flexing the ankle, knee and hip.

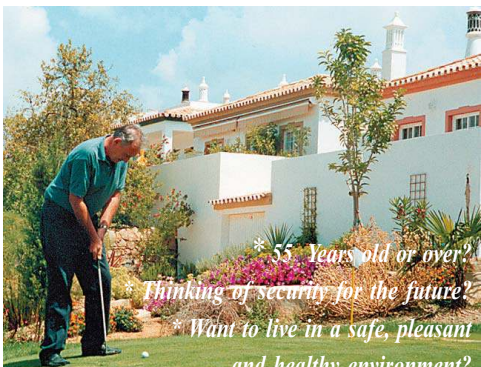
Rotate hands to the start position and bounce back over.

Gabrielle Fagan



Climber's pull-ups.

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The children's faces said it all - wide-eyed, excited, filled with apprehension, laser guns at the ready, prepared to battle with the evil Emperor Zurg after a friendly pep talk from star space ranger Buzz Lightyear.

As the brightly coloured two-seater space cruisers rolled into action, the junior space cadets were ready for attack, firing their laser guns at any target that popped up in front of them in a bid to zap Zurg's minions and defeat his army.

Entering the fun-filled zone through various scenes to defeat Zurg's army, with 725 martians and 88 targets, the kids had their work cut out, knocking down battery packs, aliens and the Evil Zurg himself.

With each target they hit, they collected points along the way, seeing their score appear on the electronic scoreboard fitted to the vehicles' dashboards.

They could see their score at the end to discover who was the star cadet or cosmic commando.

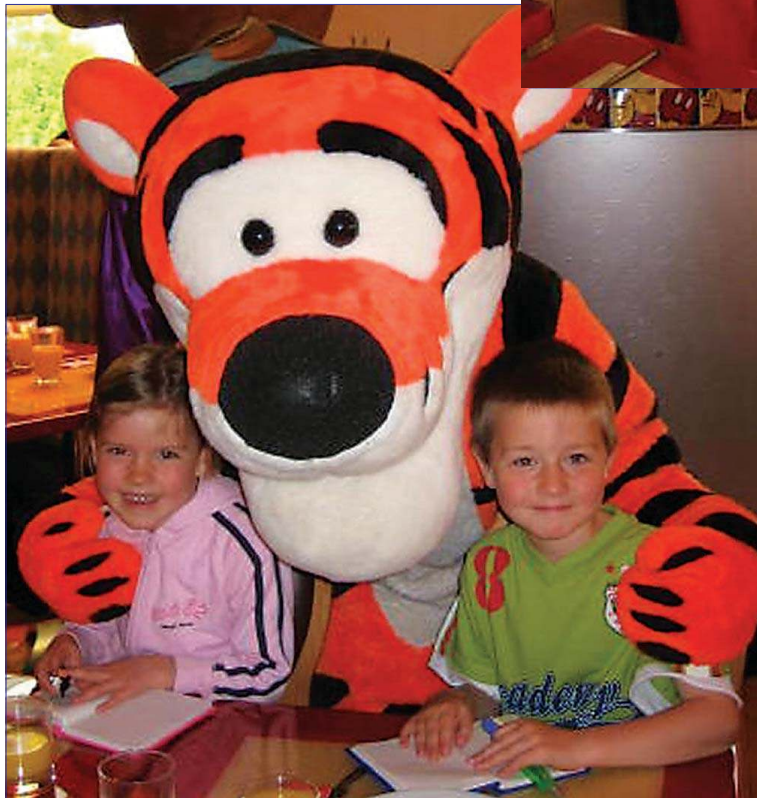
When we exited the fantasy world of Buzz Lightyear Laser

Blast, the newest attraction at Disneyland Resort Paris, both the children - William, aged seven, and six-year-old Grace - wanted to go straight back on.

The ride was just one of many to thrill the children, who also had a ball on Star Tours, as a funny robot takes passengers on a simulated ride through space, Big Thunder Mountain, a runaway train, and Pirates Of The Caribbean, a fairly gentle voyage back in time on a ship surrounded by pirates.

There are of course some white knuckle experiences for the older child and adults, including Space Mountain, a rollercoaster in the dark, and Indiana Jones and the Temple Of Peril, which sends you hurtling along in a runaway mine car - but the experience of Disneyland Resort Paris is more than just a theme park, it's a whole fantasy experience.

This summer's 15th anniversary celebrations mean there is



even more to explore, including Crush's Coaster, a family thrill ride, and Cars Race Rally, inspired by the Disney Pixar movie Cars, which open in mid-June in Walt Disney Studios Park as part of a new area called Toon Studios.

For these and other attractions there are bound to be queues - so to jump them you'll need Disney's free FastPass system for the most popular rides. Just insert your park entrance ticket into the FastPass kiosk next to the main entrance of the ride and you get a ticket with a time to return. But also check out the boards giving waiting times for the regular queues at each of the popular rides.

If you want to see your kids' faces light up with Disney magic, don't miss booking yourself a character breakfast at Cafe Mickey in Disney Village, a commercial centre just outside the park - and make sure they have autograph books at the ready.

My two had their mouths open virtually throughout breakfast as every character, from Mickey and Minnie to Pluto,

Goofy, Tigger and Eeyore turned up to give them a hug and sign their books.

The park, in Marne-la-Vallée

just outside Paris, is split into four themed areas - Adventureland, Frontierland, Fantasyland and Discoveryland.

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Running through the middle is Main Street USA, a turn-of-the-century style scene of small-town America with buildings in soft pastel shades selling a variety of goods from typical Disney souvenirs to pastries and ice-creams, as well as some Disney collectibles including original books, lithographs and ceramic figures.

It looks out onto the most photographed edifice in the resort, the Sleeping Beauty Castle - explorers shouldn't miss the dragon's lair underneath the castle, where the great reptilian creature lurks, occasionally lifting its head to threaten those who dare to disturb its slumber.

Those on a trip to the resort

shouldn't miss the Walt Disney Studios Park next door for a more cinematic experience, with shows, rides and other attractions based on films and filmmaking.

There, we were wowed by a stunt show, which involved some skilful fast driving, a motorcyclist going through a wall of fire, people falling off tall buildings and a range of other stunts. Some audience participation is requested but thankfully there were plenty of volunteers so our services weren't required.

Not only do you have the thrill of seeing stuntmen so close up but you also learn some of the tricks of the trade too.

Check out the times of the

shows - you can take in a few rides in the studios park beforehand. We also caught another show, Animagique, which younger children will love, featuring a Donald Duck and Mickey Mouse adventure on stage.

Despite the show being in French, there didn't seem much of a language barrier and even the youngest loved acts that featured lots of bubbles and impressive puppetry amid the audience.

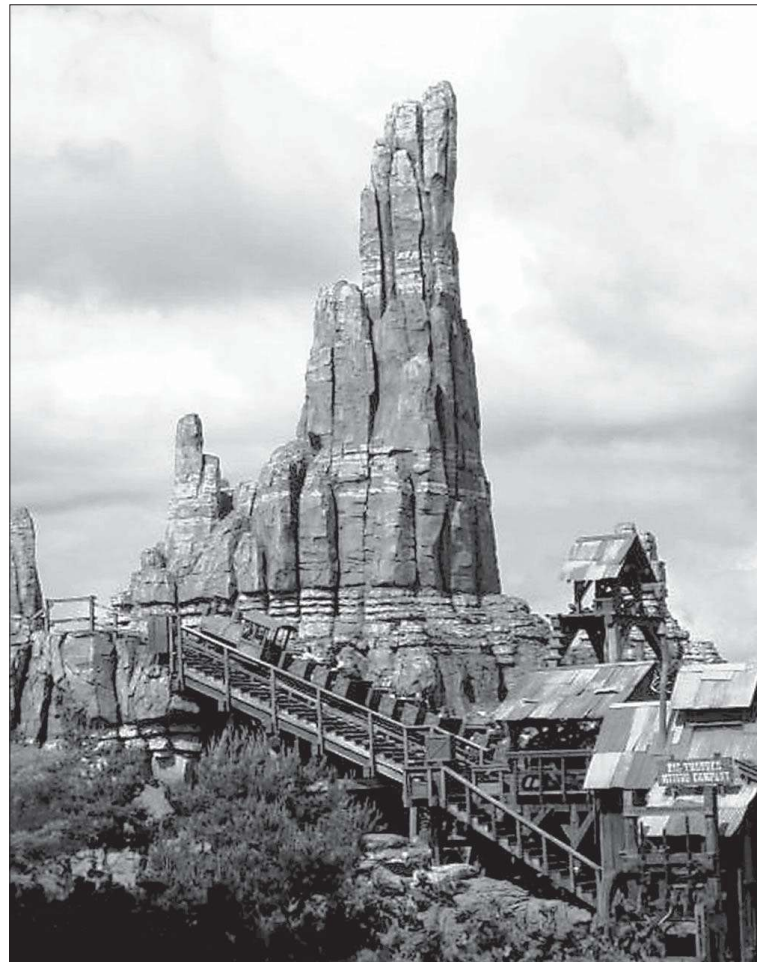
When you've taken in the rides, the parades - both in the main park and the studios - and all the other delights, you may be ready for some more fun, Wild West style.

We were given cowboy hats as we headed for the arena that stages Buffalo Bill's Wild West Show in Disney Village, a cowboy and Indian set-up reliving the myths and legends of America's frontier.

There's the expected skilled horsemanship, lasso tricks and gun-toting nonsense, as well as the rounding up of cattle and buffalo, but the best part is the fact that the arena is divided into four camps - red, blue, green and yellow - for the evening, with each section cheering for their own cowboy as he performs games and competitions to decide the winner.

My two children had done enough whooping, yelling and yee-hawing to give themselves sore throats, but enjoyed every minute of it. A hearty cowboy's dinner is included in the price of the show with ribs, barbecued chicken and sweetcorn served on authentic tin plates, washed down with beer or Coke.

All too soon the weekend was over, but the feelgood factor continued back home as the kids unpacked their cowboy hats, admired their souvenirs and took their autograph books to school to show how Mickey, Minnie and even Madame Incredible had



Pictured above: Frontierland; and left: Sleeping Beauty's Castle, both at Disneyland Resort Paris. Opposite page - right: Buzz Lightyear with some fans; middle: Mickey signing autographs; and left: Tigger at the Character Breakfast, all at Disneyland Resort Paris. (Photos: Press Association)

made their mark.

TRAVEL FACTS

∴ Hannah Stephenson travelled on Eurostar to Disneyland Resort Paris, courtesy of Disney

and Rail Europe.

For information about a family break to Disneyland Resort Paris during the summer season call direct on 00 44 (0)8705 030 303 or visit their website: www.disneylandparis.com, where packages can also be booked.

∴ Rail Europe standard class return Eurostar fares from London Waterloo direct to Disneyland Resort Paris start at £59/€88 per adult and £44/€65 per child (4-11). Rail Europe bookings on 00 44 (0)8708 304 862 and www.raileurope.co.uk

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Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint - washed walls with mini-

ature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Restaurante O Monte is located at Quinta Velha Cabanas in Cabanas de Tavira and your hosts Louis and Debbie welcome you to their old, farmhouse-style eatery. Their international team of chefs offer a mixed cuisine of

traditional roasts, creole and eastern dishes at very good value. The interior of the spacious restaurant is decorated in pink and lilac presenting a chic yet cosy atmosphere. There is a large terrace surrounded by beautiful gardens, where you can relax and enjoy your meal, served by their smart and helpful staff, who speak French and Portuguese as well as English. Children have their own menu and you are advised to reserve your table rather than be disappointed.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just

give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

Dolce Vita Restaurant Pizzeria is located in the centre of Lagos opposite the Cultural Centre, between two streets - with two different entrances! The decor inside is black and white, which gives a fresh clean look. Your host, António suggests you book a table so as not to miss his Stuffed Salmon with Seafood or Leg of Lamb served with a Red Wine and Rosemary Sauce, as well as traditional Italian dishes such as pizzas and pastas, and a variety of salads. There is a bar and a wide selection of wines on offer. All this at excellent value and staff who are friendly, smart and helpful! The atmosphere is relaxed and in summer you can enjoy eating outside on their rustic terrace amongst the shrubs and flowers, or at the front of the restaurant on the pavement watching the world go by.

Restaurante A Ponte is a newly-opened restaurant in the traditional Algarvian village of Alte, where residents and visitors alike are invited to enjoy relaxed dining in unspoiled surroundings. They offer a very varied menu, including vegetarian dishes, snacks and a children's menu. You can also choose from a selection of freshly caught fish and an evening 'A La Carte' menu. The non-smoking dining

room is air conditioned and has a family atmosphere to complement the children's play area. During the long summer months you can dine under the stars on their large terrace. Reservations are advised.

No Patio "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No Patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.

Estrela do Mar Pastelaria, located in Praia da Rocha close to

the Hotel Jupiter and next to the office of Avis car hire, is a new venture easily found because of the delicious aromas wafting down the street from within! Cornish Pasties, Salads, Pork Pies, Sandwiches, Pastries, Clotted Cream Teas and much more. Inside you'll receive a friendly welcome from your hosts Aubrey and Eugenia and their cheerful staff. Bright and airy, the ambience is relaxed with a European flair. You could find yourself returning again and again to enjoy chilling out on their large terrace in the sunshine with a tasty treat.

The **Maharaja Tandoori** restaurant is situated in the centre of Lagos, on the main square with the modern statue of the Boy King in the middle, and is said to be the only Indian restaurant in the city serving authentic Indian food. Raman and his helpful and attentive staff seek to provide a personal service to their clients, at very reasonable prices. Book your table either in the cosy, traditionally decorated interior, or outside on the pavement and watch the world go by.



Pizzas Pastas

Fish Meats Salads

Located on Rua Soeiro da Costa 51 and Rua Lançarote de Freitas opposite Cultural centre Lagos - Tel: 282 768 466

Restaurant guide

ALMANCIL

Bistro des Z'Artes
International Menu
Open: 12.00- 15.00 & from 7pm.
Closed Mondays
Rua Calvario, 69, Almancil
Tel: 289 395 114 / 967 785 601

Shanghai Restaurant
Delicious dishes from Shanghai, China
Open: Daily 12.00-15.30 & 18.00-23.30
Rua do Comércio, 94 R/c, Almancil
Tel: 289 397 642

A Floresta
Portuguese & International cuisine
Open: Mon-Fri 12-15.00 Mon-Sat 18.30-22.30
Est. de Vale do Lobo, Almancil
Tel: 289 394 331

ARMACÃO DE PÊRA

O Major
Biggest 'Surf & Turf' Platter
King of Fried Cuttlefish
Open: Mon - Sat 10h00 to 23h00.
Next to Fruit & Veg. Market in Armação de Pêra
Tel: 919 223 969

ALVOR

Humphreys Restaurant
Steaks & International Dishes, Vegetarian Menu
Open: 6pm. to late
Closed Mondays
Rua D. Sancho, 14, Alvor.
Tel: 934 206 102

LAGOA/SILVES

Mister Grilo
National, International & Vegetarian dishes
Open: 17.00 - midnight
Rua António Joaquim Cabrita, Nº7, Porches, Lagoa
Tel: 282 381 176 / 918 365 426

O Cantinho dos Italianos
Pasta dishes
Open: 12.00 - 15.00 and 18.00 - 23.00
Largo 25 de Abril, No 1, Pêra
Tel: 914 844 269

LAGOS/LUZ

Florestal Restaurante
Cosmopolitan menu
Open: Tues-Sat. 12.00-2.30pm & 7.00-10.00pm
Sun. Special Brunch 12-3pm
Barão de S. João, Nr. Luz
Tel: 282 687 204

Dolce Vita
Pizzeria and International Menu
Open: 12.00 - 15.00 & 18.00 - 22.30
Rua Soeiro da Costa & Rua Lançarote de Freitas, Lagos
Tel: 282 768 466

O Beiral

International & Vegetarian menu - Italian specialities
Open: Tue - Sun 11.00 - 15.00 & 18.00 - 24.00
Closed: Mondays
Rua Dr. Guerreiro Tello, Barão de São João, Luz
Tel: 282 688 004 / 912 299 672

O Mandarin

Chinese & Asian dishes
Open: 19.00 - 23.30
Caliças, Albadeira, Lagos
Tel: 282 762 401 / 282 760 424

Don Toro Steakhouse
Steaks, gourmet burgers, fish grills & vegetarian
Open: Daily 12.00-15.00 & 18.00-23.00
Rua Lançarote de Freitas, 12, Lagos. (Opposite the Cultural Centre)
Tel: 282 767 234

Meu Limão Tapas & Wine Bar

Portuguese & International Tapas + full menu
Open: Daily 10.00 - 2.00am
Rua Silva Lopes, 40/42 (In front of the Golden Chapel), Lagos.
Tel: 282 767 946
www.meulimao.com

No Patio

International Restaurant
Open: Thurs-Sat. 18.30 - 21.30. Sun. 13.00-15.30
Rua Lançarote de Freitas, 46, Lagos
Tel: 282 763 777

LOULÉ

Restaurante A Ponte
Extensive menu, including Vegetarian Dishes
Open: Daily
Alte
Tel: 289 478 086 / 964 191 625

OLHÃO

Restaurante O Monte
Steak House

Open: Tues-Sun from 7pm and for Sunday Lunch
Sítio de Peares, Farroboiras de Canelas
EN125 Olhão
Tel: 289 704 416

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Estrela do Mar Pastelaria
Salads, Cornish Pasties, Pork Pies, Sandwiches, Clotted Cream Teas
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Estrada da Rocha
Praia da Rocha, Portimão
Tel: 932 896 385

TAVIRA

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Tel: 281 329 040
www.pousadas.pt

Restaurante O Monte
International Cuisine
Open: Tues-Sun from 7pm and for Sunday Lunch
Cabanas de Tavira
Tel: 964 432 465

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RESERVATIONS RECOMMENDED

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Tavira

CLOSED ON MONDAYS

How to find us



Iberia Bathrooms, wet-room specialists



Currently massive in the UK and the world of interior design, wet rooms – the latest bathroom ‘must-have’ – are now available right here in the Algarve, courtesy of Iberia Bathrooms.

Wet-rooms are generally described as ‘walk-in showers’, but in reality they are much more. They are convenient, safe, and make the most of any bathroom space, no matter how small or large, as well as fitting in perfectly with all styles of design, contemporary, classic, rustic or any other. They are ideal for the disabled, and offer a more spacious showering experience than any cubicle could ever create.

This means the end of sliding doors or sticking plastic shower curtains. Never again need you feel closed in a small space with little room for manoeuvring.

All that is required to create a ‘wet-room’ is a thick, toughed glass partition that can be cut and personalised to any shape or design. The glass is used to guard the rest of the bathroom from the shower’s spray, though as most bathrooms are tiled and have ceramic fittings, water is not a worry. The transparency of glass further contributes to the feeling of openness and space.

Therefore anyone can have a ‘wet-room’, whether you live in a high-rise apartment, a caravan, on a boat, or in a beautiful luxury villa. The simplicity of their installation also means you can convert a spare room into an indulgent wet-room, where you can bathe in bliss. Furthermore, with new laws coming into force concerning disabled fa-

cilities for rental properties and guest accommodation, wet-rooms are an ideal solution.

Floors are re-set at an angle that allows water to drain effectively without flooding, and equipped with the shallowest linear drainage system in the world, as well as an under-tile waterproof membrane, to protect against humidity or leaks.



Of unique quality, the membrane, named ‘Tilesafe Membrane’ is manufactured, and imported from, the UK, a bi-product of recycled petrol fuel, and therefore eco-friendly.

Currently not available elsewhere on the Portuguese market, Iberia Bathrooms have the sole rights to Tilesafe in Portugal and are fully trained in the installation techniques.

‘Tilesafe Membrane’ is also guaranteed for the life of the tile or other flooring under which it is placed.

As well as installing wet-rooms, Iberia Bathrooms also undertake full bathroom suite installations, as well as like-for-like refurbishments, and other related tasks including extending walls, creating suspended ceilings with inset spotlights, electrics and plumbing, and fitting extractors.

Richard Gibson, who saw a niche for wet-room specialists after moving here five years ago, established Iberia Bathrooms at the beginning of this year, researching and training to offer the best product and service possible. A stonemason by trade with over 15 years experience, Richard now lives in Praia da Luz with partner Alex and their baby Tomas. His career has included refurbishing an array of UK properties, from places of National Heritage like stately country homes to some of London’s top hotels, and transforming many ‘not-so-nice’ bathrooms into objects of beauty.

His services cover the entire Algarve.

For more information or a free quote, contact Iberia Bathrooms on: (+351) 282 695 675, 966 841 603, e-mail: sales@iberiabathrooms.com, or see website: www.iberiabathrooms.com.

Elite Kitchens presents the long awaited ‘Driron’



It has arrived at last! Following its initial introduction nearly two years ago, the ‘Driron’ – the ultimate domestic ironing cupboard – is now available from Elite Kitchens. Never iron again! Make your way there now to find out more about the latest in household chore innovations.

No longer will you have to fear the growing mounds of crumpled clothes. Nor will you have to stand for hours over an ironing board (particularly unpleasant in the summer – as if it isn’t hot enough!). So in essence, you need never iron again.

The Driron was invented to make your life simpler.

It comprises several functions, including drying and ironing just-washed clothes, ironing dry clothes, completely drying damp clothes, airing, and a refresher and deodorising option.

Simply take garments straight from the washing machine and place them in the ironing cupboard.

All the Driron entails is a plug, a socket, and no further installations.

They fit anywhere in a home, and, thanks to their streamlined, elegant design, suit any style décor. For more information, contact Elite Kitchens, on: (+351) 282 353 664, fax: 282 343 258, or e-mail: iberelite



@sapo.pt. Alternatively, visit the showroom in the Lagoa Industrial Park (opposite Fataci), Lote 11.

Trading Places is a commercial feature focusing on the services of advertisers.
Call 707 500 677 for information on how to be included.

Algarve Tree Services, a cut above the rest



Martin Foy is passionate about trees. He has lived in the Algarve for just one year, but the past 22 years of his life have seen Martin swinging in harnesses and climbing ladders as a fully qualified and specialised tree surgeon. He has brought his expertise to the Algarve to offer a service that is unique in its level of proficiency.

Martin first learned commercial forestry in the UK through a youth training scheme after leaving school. It was the adrenalin of working with ‘ropes and harnesses’ that led him to further his skills. He later obtained work through his local council, who subsidised a more advanced training in arboriculture.

After obtaining higher qualifications in arboriculture and being recognised by the Royal Forestry Society, Martin became a fully-fledged specialist and went on to carry out significant projects around the UK, including clearing the aftermath of the notorious 1987 storm.

Here in Portugal he has had to adapt his skills somewhat, as the climate, the soil and the trees themselves are different. In the year he has been here, Martin has already been assigned to a vast range of projects; from working for Vila do Bispo Council, to gardens in the exclusive Vale do Lobo resort. He has also recently pruned one of the oldest registered Olive trees in Portugal, which is believed to be over 600 years old. Located in Salir, the tree has become an impromptu stop for coach tours and is one of Martins most memorable projects (though his favourite tree to prune here in Portugal, he says, is the carob tree!)

Martin’s services include pruning of trees to high horticultural

standards, shaping, complete tree removal (felling and dismantling), and specialist palm tree cleaning or pine tree thinning.

According to Martin, ‘most people have an idea as to why they want their trees pruned, but they are not informed of the various options’.

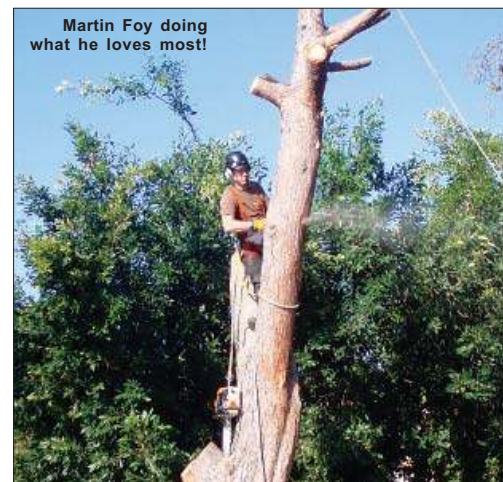
Martin can offer expert advice on pruning, removing and re-plotting trees, as well as, where possible, finding an alternative to felling.

‘We are not a landscaping business’, Martin stresses. ‘We offer a pure, straightforward, expert tree

surgery service’.

Joined by Andy Hollingsworth, who is also a UK-qualified tree surgeon and has over seven years experience, Algarve Tree Services are a fully equipped company with their own specialist machinery (like stump grinders, choppers, and rigging kits) and vehicles.

‘There is nothing we can’t do in tree-work’, says Martin. For more information, call Algarve Tree Services on: (+351) 917 473 921, see website: www.algarvetreeservices.com, or e-mail: martin@algarvetreeservices.com.



Martin Foy doing what he loves most!

Cool Oasis, permanent solutions to bottled water



Whether you live in a luxury villa, a rustic cottage or a high-rise apartment, you too can enjoy the benefits of Cool Oasis’ stylish permanent solutions to buying bottled water – a welcome relief to heaving around heavy five-litre bottles (especially when the lift is out of order!)

Cool Oasis’ top-of-the-range water purifiers now enjoy a healthy demand not only for their cost and energy-saving advantages, but also for their streamlined, sleek designs, having become a popular appliance with interior designers and developers.

The new line of ‘Borg’ freestanding water dispensers is sleeker in design than previous models. Now available in two sizes (free-standing and worktop) and in a range of colours, the dispensers perfectly complement any style home or office. Another improvement can be found in the water temperature, with the heated water having been increased from 91 to 98 degrees. This means you can make cups of tea and coffee straight from the dispenser, instant soups, and a greatly reduced boiling time for cooking.

The cold water is thirst-quenchingly cool and perfect for pouring straight onto juice mixes for refreshing drinks in summer.

An under-sink version of the filter is also available, with a discreet third tap to be fitted on sinks. These are smaller than often presumed and will easily fit under any sink. After being connected to water mains or boreholes the units supply unlimited amounts of pu-

rified water, filtered to the highest standards with Royal Doulton ceramic filters. The final product is, according to some, even safer than drinking bottled water, which can contain plastic residue if bottles get warm.



Cool Oasis' Alistair

In addition to its new line of dispensers, Cool Oasis now stocks a water softener for improving household water. When domestic water is freed of impurities, clothes become softer and cleaner, showerheads never block, basins can be cleaned without vigorous scouring, skin becomes healthier and hair more manageable and shiny.

As well as being kinder to skin and textiles, softened water is also kinder to the environment as it significantly reduces the amount of cleaning products added, subsequently reducing pollution. Now in its third year, Cool Oasis has enjoyed a steadily growing success, for which owner Alistair would like to thank all of the company’s clients, many of whom turned out for the showroom’s inauguration in June to show their support and appreciation.

Cool Oasis’ products are affordable, practical solutions for household water, starting from €325, with an optional €70 annual service fee. For more information, contact Alistair on: (+351) 966 771 386, e-mail: algarve@cool-oasis.com, or see website: www.cool-oasis.com.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 7 Jul 2007

PROPERTY OF THE WEEK

A Semi by the sea in Praia da Luz



This week's 'Property of the Week' is a semi-detached, two-bedroom villa, located on a pretty, tranquil cul-de-sac in the Monte Lemos area of Praia da Luz. Within walking distance of Luz's beautiful beach and amenities, it is also just five minute's drive to the buzzing city of Lagos, as well as to the A22 motorway.

Built just six years ago this house has a spotless, fresh interior; a blank canvas for new owners. Located in a private, well-kept neighbourhood of 21 semi-detached villas constructed in a semi-circle around a central garden area shared by the owners.

All of the villas have private gardens and a private driveway to the side, as well as extra parking spaces around the central garden.

This villa's driveway is covered with a carport, providing welcome shade in hotter months.

Built on a plot of 240 square metres, the gardens surrounding this property comprise ornamental and Mediterranean flora planted in gravel beds. Despite being automatically irrigated they are low in water consumption and the garden is, overall, low in maintenance.

On this villa's ground floor, as opposed to conventional layout, we find the two bedrooms.

Through the main entrance and to the left is the first bedroom; a good size double with fitted wardrobes and an en-suite bathroom.

Straight ahead from the main entrance is the second bedroom, another remarkably spacious double room, whose en-suite bathroom comprises a fashionable walk-in shower, partially enclosed with glass blocks. This bedroom also has ample fitted wardrobes, a separate storage cupboard, and patio doors that open onto the main garden at the front of the property.

From the hall and up a solid marble staircase we reach a spacious, open-plan living area that has room enough to become a lounge and dining area. It has a wood-burning fireplace and large balcony, where one can enjoy al-fresco meals complemented by views of Praia da Luz and out to sea.

To the back of the living area



The living area through to the kitchen.



Views from the large first floor balcony.



Another view of the living room.



This week's 'Property of the Week' is a semi-detached, two-bedroom villa, located on a pretty, tranquil cul-de-sac in the Monte Lemos area of Praia da Luz.

are a guest bathroom and a very generously proportioned kitchen. As well as plenty of cupboard space and storage, the kitchen also has enough room for a family size breakfast table. It is light and sunny, overlooking the back of the property,

and will be sold fully equipped. The property is also to be sold fully furnished, and has double-glazing throughout.

The simplicity and spaciousness of this property makes it ideal as a holiday home or as a family home, being par-

ticularly appropriate for a young family or couple.

It is priced at €325,000.

For more information or to book a viewing, call Anica de Kruijf at Remax Lagos on: (+351) 966 889 290, or e-mail: akruifj@remax.pt.



All of the villas have private gardens and a private driveway to the side, as well as extra parking spaces around the central garden.



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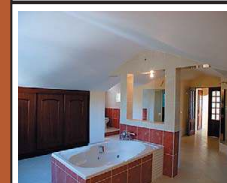




Stunning villa in one of the Algarve's most sought after locations

Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ----- € 975,000 Euros

For further details and an appointment to view Call Terry on 916 196 053



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Caminha, north Portugal

- 17th century rural cottage
- Completely restored
- 4 bedrooms, 3 bathrooms
- Outside store & garden
- Villa 208m², plot 434m²
- Country views

Ref. C827

Price: € 295.000



São Brás de Alportel

- Spacious villa + T1 Apt
- 3 bedrooms, 2 bathrooms
- Large shop area & office
- Garage & ample parking
- Villa 336m², plot 10000m²
- Country views

Ref. C917

Price: € 750.000



Central / East Algarve

- Over 100 ruins / terrains
- From € 50.000
- To over € 2.000.000

See:

www.property-runner.com



Carvoeiro

- New spacious luxury villa
- 4 bedrooms, 4 bathrooms
- Pool 10m x 5m & garage
- Villa 350m², plot 164m²
- 10 mins walk to beach
- Lovely location, sea views

Ref. C921

Price: € 1.250.000



Almancil

- Spacious villa built 1997
- 4 bedrooms, 5 bathrooms
- Pool 9 x 5, garage 100 m²
- Villa 470m², plot 2200m²
- Beautiful gardens
- Sea views

Ref. V923

Price: € 888.000



AMI 7557

A selection of our properties

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8125-479 Vilamoura



Vilamoura

Beautiful Ground Floor 2 Bedroom / 2 Bathroom "Fully Furnished" apartment with front-line golf views. Wood-Burning Fireplace, Radiator Heating and Air-conditioning. This apartment is perfect for holiday rental income or holiday home.

Price: € 295,000 / £ 203,000



Vale Formoso / Almancil

Luxury 2 bedroom "Fully Furnished" house on a small condominium of only 12 villas in Almancil within 5 mins drive of Quinta do Lago & Vale do Lobo beaches & golf courses. Also within walking distance of Michelin star "Henrique Leis" & renowned "A Quinta" restaurants. ***Great Value & Opportunity***

Price: €360,000 / £248,000



Vilamoura

Brand new 2/4 bedroom town houses with 2 en suite bathrooms, fully fitted modern kitchen, lounge with fireplace, 2 further rooms in basement for further bedrooms, gym or games room.

Prices from: €480,000 / £331,000 (Based on Ex Rate 1.45)



Vilamoura

3/4 bedroom villas located next to "Old Course". The villas are luxurious and offer highest quality finishing's and fixtures. Large garage & basement area suitable for further 4th bedroom or games room. The property also has a large communal swimming pool.

Price: € 590,000 / £ 406,000



Vilamoura

4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.

Price: €695,000 / £479,000



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(Marginal) - 8800 Tavira
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Fax: 261 370 761

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www.estealgarve.com



Tavira

Attractive brand new 3 bedroom apartment (duplex), 180m², on 1st & 2nd floor, w/ mains gas, pre-installation for air cond. w/ various terrace areas plus roof terrace w/ pretty views of the sea & countryside, within 5 walking min. to the centre of Tavira.

Ref:EA 006ATAV Price:€198.000



Near Praia Verde

Very well maintained 3 bedroom villa (200 m²), with mostly paved garden area of 207 m², with swimming pool, solar panels, central heating, garage situated close to a small village, 2 kms from beautiful Praia Verde beach (Castro Marim Council).

Ref: EA 007VPV Price: €360.000



Conceição de Tavira

3 bedroom apartment built 15 years ago in need of some TLC, walking distance to golf, Conceição centre, shops, restaurants, public transport, 3kms to Tavira, 1km to Cabanas beach, spacious terrace areas & large loft w/2 rooms. Furnished & equipped.

Ref:EA 008ACON Price:€198.000



Near Vila Nova de Cacela

High quality 2 bedroom, 2 bathroom villa consisting of ground & 1st-floor w/central heating, car port, garage surrounded by 1.700m² of lovely, very well looked after garden area, 1km to Vila Nova de Cacela, 3kms to Manta Rota beach & 7kms to Tavira.

Ref:EA009VVNC Price:€390.000



House - Near Tavira

Charming 2 bedroom house built in 2006, prepared for air con, w/ patio & BBQ, lovely roof terrace w/pergola & sea view, parking in front of the house, situated half-way between Tavira & Cabanas, within a new residential area.

Ref:EA010HNTAV Price:€175.000



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web.: www.villasluz.com



Olhão

3 bedroom townhouse in quality urbanization, with private carport, front and backyard, BBQ, basement & terrace. Great location! Excellent price!!!

Preço: €192.000,00

Ref.: MG-VIV-0085

Call: 917 787 582



Tavira

Great opportunity!! Approx 1400 sqm plot near Tavira for construction of a Villa... Great sea views!! Price includes borehole and fencing!!! (w/ o fencing and borehole price drops to €80.000)

Price: €100.000,00

Ref.: CB-TER-0004

Call: 962 335 514



Fuzeta

FIRST LINE !! 2 bedroom apartment with breathtaking sea view. Balcony !! Rare opportunity !! Excellent price !! Great rental potential !!!

Prices: €150.000,00

Ref.: CB-APT-0047

Call: 962 335 514



Fuzeta

Off plan !! 1/2/3 bedroom apartments with sea view. Balcony !! Excellent price !! Great rental potential !!! Quiet location...

Prices from: €130.000,00

Ref.: CB-APT-0048

Call: 962 335 514



Fuzeta

3 bedrooms townhouse under construction... very well located, with yard & roof terrace. Great sea views !! Excellent business opportunity !!

Prices: €230.000,00

Ref.: MG-VIV-0086

Call: 917 787 582

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Alvor/Amoreira

One bedroom apartment, plus another small room (that fits another bed) fully furnished and equipped, also with swimming pool, 900 m from the beach. Sea view.

Apt/1294

Price: € 98.000



Praia do Vau

One bedroom apartment fully furnished and equipped. Walking distance to the beach. Panoramic views.

Apt/1398

Price: € 105.000



Alvor/Mã Partilha

Top-floor two bedroom apartment semi-new in very good condition, fully furnished and equipped, garage space for 2 cars, near the beach and the golf course.

Apt/1217

Price: € 155.000



Prainha/Alvor

Top-floor two bedroom which is fully furnished and equipped. Air conditioned and underground parking area. Situated in a private complex with lots of facilities, such as indoor and outdoor pools, tennis, restaurants and a private access to the beach.

Apt/1415

Price: € 280.000



Alvor center

Three bedroom villa (only 6 months old), located near the beach, semi-detached with a nice garden area, and carport. Luxury finishings. On the top there is a terrace with a lovely sea view.

Viv/379

Price: € 540.000

All with equipped kitchen, furnished and unfurnished, tastefully finished, aircon, in beautiful condominiums. All with optimal rental possibilities.



1365 Vista Marina - 1 bedroom, 1 bathroom, 1 car-garage, pool, seawiew.
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0466 Vista Marina - 3 bedroom, 2 bathroom, 2 car-garage, pool, seawiew.
€ 278.500.00 new

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1367 Balaias Paradise - 2 bedroom, 2 bathroom, 1 car-garage, pool, seawiew.
€ 290.000.00



0465 Vista Marina - 2 bedroom, 1 bathroom, 1 car-garage, pool, seawiew.
€ 230.000.00 new

VILAGENTE



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vilamente@mail.telepac.pt
www.vendavilla.com



Vilamoura

Studio apartment situated near the Marina composed of small bedroom, bathroom, lounge, kitchen and terrace. Construction area - 50 square metres.

Ref: A1182

Price: € 122.000



Vilamoura

One bedroom apartment composed of bathroom, lounge with fireplace, kitchen and terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area.

Ref: A1183

Price: € 125.000



Vilamoura

Spacious apartment composed of 2 bedrooms, 2 bathrooms, lounge with fireplace, hallway, equipped kitchen, storages and 2 terraces. Two parking spaces in the garage. Communal swimming pool and garden.

Ref: V1186

Price: € 295.000



Vale Navio

Villa situated in a quiet location composed of 4 bedrooms, 3 bathrooms, lounge w/ fireplace, kitchen and laundry room, 3 terraces, double garage and roof terrace. Furnished and equipped.

Ref: V12500

Price: € 580.000



Vilamoura

Beautiful villa composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen, laundry room and terraces. Garage for 4 cars. Swimming pool and garden. Plot area - 541 sq.m.

Ref: V12498

Price: € 750.000



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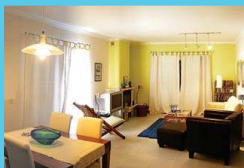
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New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.

Ref: 1698

Price: € 239.000



Fuzeta (Olhão)

Apartment in a calm building. Excellent conditions: elevator and sight for the sea and saws. Composed for living room with balcony, 2 bedrooms, store-room and kitchen.

Ref: 1686

Price: € 135.000



Biais do Sul (Olhão)

Magnificent Quinta w/ high tourist potential. Surrounded by 12.000m2 land & 549 m2 building area. Offers lakes, horse stables, 2 pools & gardens. Consists of 4 apartments and a main house. Close to nature park Ria Formosa, golf course and beaches.

Ref: 1688

Price: € 1.200.000



Fuzeta (Olhão)

New house situated in a calm zone. Ground floor: large kitchen, living room with fireplace and AC, bathroom and spacious garage. 1st floor: 3 bedrooms, bathroom, terrace with Sight Sea. 2nd floor: office and terrace with Sight Sea and mountain range.

Ref: 1687

Price: € 270.000



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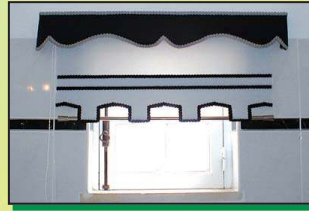
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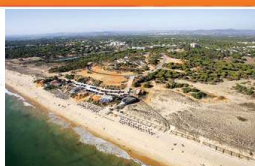
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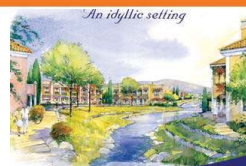
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Monte Judeu, Algarve

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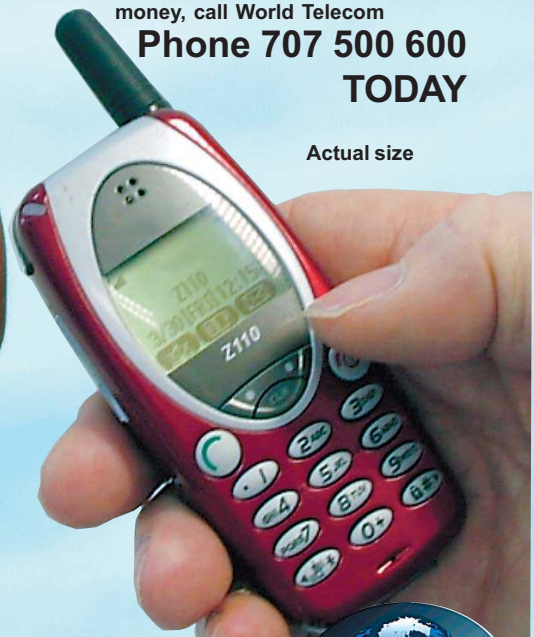
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A touch of the tropics



A tropical garden. From *The Hillier Gardener's Guides: Planting With Trees*, by Andrew and Rosamond McIndoe, published by David & Charles, priced £14.99/€22.50.



Our warm summers prompt many gardeners to include a touch of the exotic in their planting - and there's nowhere better to start than palms and tree ferns.

Award-winning garden designer Andrew McIndoe explains: "Today, exotics are used extensively, to enliven contemporary schemes and to add a sense of lushness to seasonal

plantings."

The cabbage palm, *Cordyline australis*, is popular today, used as an accent subject in seasonal bedding schemes and containers, says McIndoe, deputy man-

aging director of Britain's Hillier Garden Centres and co-author of the latest in the Hillier book series, *Planting With Trees*.

More mature cordylines can

be used as architectural focal points in coastal and Mediter-

anean schemes.

"If left to mature, it grows quickly into a splendid single-stemmed small tree with an impressive head of long, sword-like leaves," he explains.

Other exotics include the tree fern, *Dicksonia antarctica*, another popular species in the contemporary garden which is particularly suited to smaller spaces as it's slow growing. Its heavy brown trunk and impressive fern leaves gives an instant tree effect and a subtropical feel.

A lot of its root system is actually in its trunk, so you need to bury some of the trunk in the ground to anchor it securely. It will also need watering regularly and spraying around the crown.

If you live in a cold area, place straw or fleece around the crown and trunk during the cooler months to help protect it. The leaves generally die away and the plant becomes dormant until spring.

Another exotic candidate which provides a strong architectural symmetrical shape is the monkey puzzle (*Araucaria araucana*), with its long, deep green bristly branches.

Before you plant one, have a look at a mature tree to make sure you have room for it - it may do better planted as a small, con-

tainer-grown tree.

Many palms need a mild winter to survive, such as *Butia capitata*, a small tree with elegant arching leaves, and *Phoenix canariensis*, which in a mild spot will make an impact quickly.

We've long seen the popular canna used as the central point in containers or to add a tropical feel to borders along with lilies, dahlias and coleus providing masses of exotic-looking flowers and foliage, but bananas will also sit alongside palms and cordylines in the mildest regions.

The *Musa basjoo* is one of the hardiest bananas. Its leaves die back in winter but it should produce new leaves the following summer. To keep the underground portion from freezing in very cold areas heaps of autumn leaves piled over the root zone will usually do the trick. But even in cooler areas banana stems will need to be protected over the winter.

Individual stems can simply be banded with netting or hessian - effective though not necessarily the beauty-prize winner.

With careful planting, you won't have to travel to the tropics for a lush, exotic feel to your garden.

Hannah Stephenson

What's in store

Madge and John Measures

Because of the heat in the summer months it makes sense to opt for colourful succulent plants, especially those with round 'fat' leaves that can tolerate dry conditions although they do thrive much better if given some water to prevent their fleshy leaves from becoming rather withered.

Crassula portulaca now more often known as *Crassula ovata* and commonly called the Jade Plant or Jade Tree can grow up to two metres in height with a spread of one metre. Its smallish leaves that cover the stem and branches are darkish green and usually have a reddish tinge on the margins that contrast well with the clusters of pink or white flowers that are produced in the autumn. A native of southern Africa it grows well in a good humus rich soil mixture that is well drained in full sun. It does benefit from occasional watering during the growing and flowering season, but does need protection if the temperature is likely to drop below 5°C.

Echeveria pilosa forms true rosettes that form on its stems. These are reddish brown in colour and reach about ten centimetres in height with the 'bunches' of pale green rosettes making a clump that can attain a forty centimetre diameter if left intact. The long stems of orange red flowers are borne throughout many of the spring and summer months. A plant that is native to Mexico it needs a fairly fertile soil mixture and to be grown in full sun. It does need winter protection if there is a risk of frost and to be given periodic water during the active growing season.

Graptopetalum paraguayense also known as the mother-of-pearl plant due to the colour of its attractive rosettes of greyish green leaves that are tinged with pink. This is another delightful succulent that forms loose rosettes of leaves. It has delightful sprays of reddish white flowers during the late winter and early spring. Of similar height and width as the *Echeveria pilosa* it is also a native of Mexico and needs similar growing conditions and like the previous plants needs to be protected if the temperature is likely to drop below 5°C.



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Summer holiday hair



Unlike skin, hair has no natural defences. Daily exposure to UV rays, which attack hair on the surface and from within, combined with salt, seawater and chlorine strips it of moisture, leaving it looking lank and limp rather than lustrous. (Photo: Press Association)

Make sure your locks don't become dry and brittle during your holiday, with our guide to getting silky soft hair throughout the summer months.

Summer brings pleasant memories of summer romances, sun and lazing by the sea.

But hopefully the holiday photos won't show your hair getting ruined by the very same environmental elements that you were just embracing.

Unlike skin, hair has no natural defences. Daily exposure to UV rays, which attack hair on the surface and from within, combined with salt, seawater and chlorine strips it of moisture, leaving it looking lank and limp rather than lustrous.

"Sun dehydrates the hair and makes it dry, brittle and unmanageable. This is why it's so important to care for your hair and replace any moisture loss during the hot summer months," says top stylist Lisa Shepherd.

"Always make sure you have a head scarf or hat with you. This is the best way to prevent colour fade when on your hols. Get a stylish trilby to hide your hair or head scarf to keep your roots covered."

Prevention is better than cure, so to make sure your hair is looking its best, it has to be in a decent condition before you jet off.

Improve its overall state by applying an intensive conditioner to revitalise and soften your hair, leaving it super-

shiny. Wrapping hair up in a warm damp towel once the conditioner has been applied will allow the heat to penetrate the hair shaft.

"Make sure you take time to massage your conditioner into the scalp as well to ensure the skin on your head is feeling as nourished as your hair," says Adam Reed from Charles Worthington.

Colour Care

This summer, golden blonde is the must-have colour, thanks to celebrities like Cameron Diaz and Victoria Beckham going lighter.

But if you're thinking of taking the plunge, Lisa warns: "If you decide to go blonde, never have just the one shade of highlights or else it will look dull and flat. Having several shades of blonde including one darker shade very near your own will make your blonde look natural and lively."

She adds: "Get your colour two weeks before you go, and then have a refresh when you get back as it can fade slightly in the sun."

Holiday Hair

Only unsavvy beauty buffs lug around full-sized hair products on holidays. Take miniature versions for long weekends or a week, or if you're going for longer, why not buy a bottle at your destination instead?

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Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt



UNTIL 15 JULY

Exhibition by Maria Nordman - 'Proto-Spective: A Changing Exhibition in Real Time' - 'Specific to the Museum', 'Places in Oporto' and 'Other Cities' & 'Transmutações Melódicas' • The Museu Serralves celebrates Maria Nordman's work development in cities and their neighbourhoods - where people live and work • Serralves Museum on Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt



7 JULY



Concert by the National Porto Orchestra • Cirk Brossé (musical direction), David Linx & Maria João (voices above), Diederik Wissels & Mário Laginha (piano) Christophe Wallemme (counterbass), Helge Norbakken (percussion) • 22h00 Casa da Música • €8 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com

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13 JUL-1 AUG

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DAILY

Cascais Sea Museum - Rei D. Carlos • The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary • Guided tours: 214825081 • R. Júlio Pereira de Mello in Cascais • Open: 10h00-19h00; closed Mondays & Public Holidays • 214825400

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VILADO BISPO

7-22 JULY

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HOT FUZZ

Police Constable Nicholas Angel (Pegg) is one of the Metropolitan Police's shining lights. He is so good at his job, he makes the rest of the force seem sluggish. So the Chief Inspector transfers Nicholas to the sleepy West Country backwater of Sandford, where nothing ever happens.

"There hasn't been a recorded murder in Sandford for 20 years," proudly declares Inspector Frank Buttermann.

Assisted by Frank's son, Constable Danny Buttermann, Nicholas meets the locals, including supermarket manager Simon Skinner, florist Leslie Tiller and Reverend Philip Shooter.

DVD REVIEW

The new cop in town soon discovers that Sandford harbours at least one psychopath. Armed to the hilt, Nicholas inspires his colleagues - PC Doris Thatcher (Colman), Sergeant Tony Fisher (Eldon) and DCs Andy Cartwright (Spall) and Andy Wainwright (Conside) - to take down the bad guys by any means necessary.

Hot Fuzz is a hugely enjoyable romp in the countryside that hand-cuffs the loopy plotting of Midsomer Murders to the hysterically overblown action of Lethal Weapon.

Rating: ***

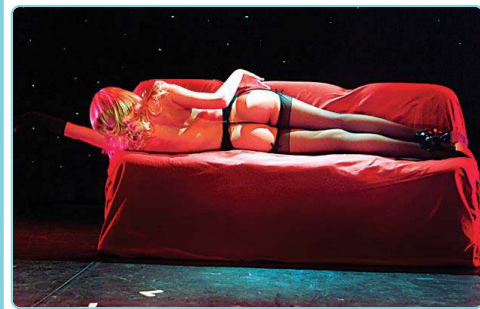
Damon Smith

SHOWS

Naughty Nights - Vilamoura

This summer spice up your nights with 'Naughty Nights', another spicy production brought to you by Algarve Casino group. The show will open at Vilamoura Casino on July 12th at the Royal salon, with daily shows the price includes

2 drinks (one at the salon and the other at the Black Jack club). Doors open at midnight, with the show starting at 12.30am. Note that the show is raunchy and there is nudity. For more information and/or reservations, call 289 310 000.



FINE ART

Capricious Irregularities - by Julie Rosado Gunderson

Exhibit in Cultural Center of Vila do Bispo: How each of us may see reality in individual, quirky ways is the subject of the painting exhibit 'Capricious Irregularities', which runs July 7th-22nd at the Vila do Bispo Cultural Center (opposite the square from the Câmara building), 7 days a week, 9am to 6pm. Painter Julie Rosado Gunderson, an American of Norwegian heritage and married to a Portuguese national, continues her exploration

of fragmentation and perspective in colorful acrylic. Many of the canvases provide a prismatic view of the area around Vila do Bispo, where the painter has lived for many years. Others reflect on her recent travels in Norway, where she visited family and researched her Nordic roots.

Some of the paintings are "interactive" diptychs, which you are invited to arrange to find your most satisfying design.



Jon Greenslade

Jon Greenslade has been with 'Galeria Off the Wall' since it opened last October. His seascapes and coastal village scenes in carved wood panelling are totally unique to the Algarve. Come in and see the new artists.

They are open now from Monday to Saturday between 10am and 5 pm. 'Off the Wall Galeria' is located on Rua de Novo Igreja 1B in Alte. Call 289 478 027 or visit www.offthewallgaleria.com.



Carmina Burana

Between 1935 and 1936 German composer Carl Orff set 24 of the poems to new music, also called *Carmina Burana*. The most famous movement is 'O Fortuna' (Fortuna meaning Fortune in Latin, as well as a Roman goddess). Orff's composition has been performed by countless ensembles. Now, the worldly songs of Carmina Burana will be performed at the Teatro das Figuras

in Faro. Conducted by Günter Neuhold, who has already conducted the Portuguese Symphony Orchestra in a concert in Paris, the children of the Coral Ossónoba, (Pequenos Cantores de Ossónoba), will also be performing. Tickets are priced at €30 for front stalls and €25 from July 14th, until 16th from 10pm. For more information and ticket reservations, call 289 888 100 or visit www.teatromunicipaldefaro.pt.

JUST FOR FUN

Ferragudo Party

From July 6th until September 1st, Ferragudo is going to liven up our summer nights with a series of concerts, exhibitions, parties, walks, etc. All main events will take place on Fridays, Saturdays and Sundays so that everyone can enjoy themselves.

The events for this coming week are: July 7th from 9.30pm - Che Lagoense Choir at Praça Rainha D Leonor. July 13th from 9.30pm - party at Praça Rainha D Leonor. For more information on events coming up, visit www.f-ferragudo.pt.

COMING SOON

JULY

Festival Marés Vivas - From July 12th and 13th at Gaia Praia do Areinho. July 13th: Young Gods + The Datsuns. Further info TBA.

Vilar de Mouros - July 20th until 22nd in Vilar de Mouros. **CANCELLED.**

Delta Tejo - Alto da Ajuda in Lisbon. July 20th: Os Mutantes + Daniela Mercury + André Sardet + Papas na Língua + Bebel Gilberto + Los Abajo. July 21st: Carlinhos Brown + João Gil + Luís Represas + João Pedro Pais + Mafalda Vieira + Lila Downs + Odlodum + DJ Marcelinho da Lua. July 22nd: Orishas + Sizzla + Macaco + Marcos Sacramento + Bei Gua + Mercado Negro. Tickets: €25 to 40.

Music of the World - July 20th until 22nd in Porto Covo. July 20th: Etrian Finatwa + Darko Rundek + Galandum Galundaina. July 21st: Don Byron. July 22nd: Haydamaky. Further info TBA.

Music of the World - July 25th until 28th in Sines Avenida da Praia. July 25th: Ok! Dub Aina Band + Kasai All Stars + Sétima Legião from 2.30am. July 26th: Tatrir + Carlos Bica Trio Azul + Sly + Robbie + Bitty McLean. July 27th: Señor Coconut + Richard Taha. July 28th: Gogol

Bordello + Salif Keita + K'Naan. Entrance is free.

Music of the World - July 25th until 28th Sines Castle from 9.30pm. July 25th: Kasai Allstars + Bellowhead + Triolok Gurtu + Anke String Quartet + Reena Bhardwaj. July 26th: Hahmoud Ahmed + Tartit + Carlos Bica + Trio Azul + DJ Ill Vibe. July 27th: Rachid Taha + World Saxophone Quartet + Hamilton de Holanda Quintet. July 28th: Gorgol Bordello + K'Naan + Erika Stucky + Roots of Communication. Entrance €10.

AUGUST

Sudoeste Festival - August 2nd until 5th at Herdade da Casa Branca in Zambujeira do Mar everyday from 5pm. Tickets: €70 with parking & camping included. Performances: Aug 2nd: Damien Marley + Editors + I'm From Barcelona + Gilberto Gil + Mayra Andrade + Cassius + Rui Vargas + Camera Obscura + Noisettes + Ojos de Brujo. Aug 3rd: Cypress Hill + The Cinematics + Just Jack + Outlandish + Armandinho + Buraka Som Sistema + Mary Ann Hobbs + Bonde do Relé + Datarock + Balla + Os Lambas + Nastio + General Levy + Robbooo Ranx + Steel Pulse + Soldier of Jah Army + Mani3stos. Aug 4th: Goove Armada + The Streets + Sam The Kid + Sérgio Godinho + Koop + The Australian Pink

BOX OFFICE

Floyd Show + Nature of Human Art + Air Traffic + Patrick Wolf + Sondre Lerche + Sonic Junior + Vanessa da Mata + Tiago Bettencourt + Eta Carinae + Sounds Portugueses + Saia Supa Crew + Martin Jondo + Stepacide. Aug 5th: James + Mika + Phoenix + Razorlight + Babylon Circus + The National + Of Montreal + Trail of Dead + Tara Perdida + 2008 + Rui Vargas + Stereo Addiction + Pow Pow Movement + Tiken Jah Fakoly. Further info TBA. Dates still to be confirmed: Mika + The Streets. Tickets: €40 to €70.

Intercâmbio de Sendim - Two day festival in Sendim. Performances: Aug 3rd - Solas, Tradere, Trasga. Aug 4th - Four Men and a Dog, Kepa Junkera, Dazkaried. Further info TBA.

Anti-Pop Music Festival - Viana do Castelo, Forte Santiago da Barra. August 9th - Ellen Alien + Apparat + Matthew Dear + Paul Kalkbrenner + Desperados + Expander + Thinkfreak + Nuno Di Rosso + Hustley E Gunz + Alex Vieira + Minimal Hospital Crew + Pedro Ricciardi. Aug 10th - Richie Hawtin + Magda + Troy Pierce + Heartthrob + Gaiser + Freshkites + Hustley & Gunz + Minimal Hospital Crew + Pedro Ricciardi. Aug 11th - Ata + Octave One and Random Noise Generation + Extrawelt + Gui Boratto

+ Rui Vargas + Magazino + Miguel Rendeiro + Invaders + Hustley & Gunz + Alex Vieira + Minimal Hospital Crew + Pedro Ricciardi. Further info TBA.

Festival Paredes de Coura - August 12th until 15th at Praia Fluvial do Tubaão in Paredes de Coura. Performances: Aug 13th: Mando Diao. Aug 14th - New York Dolls + Mao Morta + Spoon + Gogol Bordello + Architecture in Helsinki. Aug 15th - Sonic Youth + Cansel de Ser Sexy + Electrelane + Sunshine Underground. Tickets: €40 to €70.

Super Bock Surf Fest - August 14th and 15th in Sagres Praia do Tonel.

JULY

Arctic Monkeys - July 18th at Coliseu in Lisbon from 9pm. Tickets: €27.

Rockstock tribute to Beatles - July 19th at Guarda Municipal Theatre from 10pm.

Luís Represas - July 19th at Estoril Casino from 10.30pm. Entrance is free. **Kiss Forever, Pat Savage, Blasted Mechanism** - July 22nd at the Motorbike concentration in Faro.

Aimee Mann - July 25th at Lisbon Coliseu from 9pm. Tickets: €20 to €50.

Type O Negative - July 27th at Coliseu in Lisbon.

COMING SOON

Aug 14th: Jamaram + Midnite + João Maria + Mary B. Aug 15th - Gentleman + Lily Allen+ Dub Incorporation+ Mad Caddies+ Culcha Candela. Further info TBA.

Festival Maré de Agosto - Aug 23rd until Aug 26th at Santa Maria Praia Formosa in Açores. Aug 23rd: Buraka Som Sistema + Luís Leite + Double Face. Aug 24th: Gocoo + Miss Blondie. Aug 25th: Pimpstress Rah. Aug 26th: Marcelo D2 + Tânia Pascoal.

Nelly Furtado - July 27th at Albufeira Municipal Stadium €35 - €40 and July 29th at Cantanhede. €17.50 to €37.50

Ziggy Marley - July 29th at Lisbon's Coliseu from 10pm. Tickets €25.

Elvis Costello - July 31st at Vilamoura The Lake Resort from 10pm.

AUGUST

Lionel Richie - August 1st at Hotel Sheraton Pine Cliffs in Albufeira. Further info TBA.

Keane - August 3rd at Oporto's Parque da Cidade. Further info TBA.

Lloyd Cole - August 3rd at Royal Golf Course in Vale de Lobo. Further info TBA.

COMING SOON

MUSIC FESTIVALS

SEPTEMBER

Festa do Avante! - September 7th until 9th at Quinta da Atalaia in Amora. **Caos Emergente Open-Air Fest** - September 7th until 9th at Paredes (Recarei) Margends do Rio Sousa. Sep 7th - Mala-Ratos+ Maglignan Turnour, Web, Altas of Giallo, Distrofia. Sep 8th - Dead Infection, Aborded, Decayed, Holocausto Canibal, Disaffected, Psychofagist, The Ransack, Alcolocaust. Sep 9th - Benediction, Leng Tch'e, Sacred Sin, In The Umbra, God, Pitch Black, Goldenpyre.

LIVE CONCERTS

SEPTEMBER

GNR, The Guft, Boss AC, Blasted Mechanism, DJ Henrique Amaro, Dezperados - September 7th at Pavilhão Atlântico in Lisbon. Further info TBA.

LIVE SHOWS

DECEMBER

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am 3.30pm and 7.30pm on December 8th. Minimum age of 3.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaootlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

LIVE CONCERTS

Songs for a Summer Evening

Friends of the Museum in São Brás are delighted to present an evening of songs from Schumann, Fauré, Crone de Vasconcellos, John Dowland plus arias from Mozart's operas. Elena Tsouranova on piano and Francisco Brazão (voice) will be performing from 8pm on Saturday, July 7th. Elena is well known in the Algarve, having played for the Orchestra of the Algarve and appeared in a number of music festivals throughout the region. She also teaches piano at the Academy of Music in Lagos and in the Joly Braga Santos Music School in Portimão. Elena was born in Russia and she studied piano with Professor Isaak Zetel and Professor Oleg Malov.

She was also a teacher of the piano in Russia at the National

Conservatory. Francisco has studied music at the Algarve's Regional Conservatory, since the age of five. He plays the flute, percussion and has been studying singing, firstly with Ana Ester Neves and more recently with Birgit Wegemann. Francisco has been musical director of a number of choirs in the Algarve and has sung with a number of choirs including the Ossónoba Choir, Vá-de-Viró, Trovadores da Lua Nova, Urze e Zurze e Ideias do Levante. As part of the vocal group, Moçoilas led by Afonso Dias, Francisco has recorded a CD.

For more information/tickets contact: administrator@amigos-museu-sbras.org, 966 329 073, lua azul 289 845 452 or visit www.amigos-museu-sbras.org.

Pedro Abrunhosa & Bandemónio

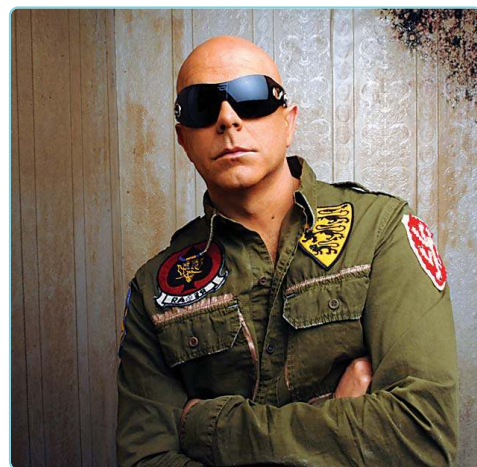
Pedro Abrunhosa is a Portuguese singer, musician and songwriter. Aside from his music, he is known for always wearing sunglasses in public. Abrunhosa also played himself in the 1999 film *La Lettre*. After studying at the Ruvina Music School, in 1972 he began his musical studies at the Music School of Porto. He has since been approached by Caloust Gulbenkian Foundation; admitted into the Oporto Music Conservatorium; studied music in Madrid; participated in the third International Jazz Seminar in Seville; composed and played music for Spanish and Portuguese films, formed and directed a Cool Jazz Orchestra, etc...

In 1994, with his new band, Bandemónio, he recorded his first album, *Viagens* for

PolyGram. There, he had the opportunity to collaborate with James Brown's sax player - Maceo Parker.

He achieved the unique target in the Portuguese market of triple platinum, with over 160,000 copies sold of "Viagens", as well as over 120 concerts all over Portugal, the United States, Brazil, Macau, Spain, Luxembourg, France, and Italy, among others, with the total number of spectators being estimated at about one million.

Meanwhile, under the name "Pedro Abrunhosa e os Bandemónio", the album *F* is released as well as a book illustrating the adventures and trips of the group. The book had the participation of two prestigious names in both the literary and photographic worlds: Nuno Galopim and Kenton Thatcher.



See Pedro Abrunhosa and Bandemónio on July 7th at Lagos municipal auditorium from

10pm. Tickets are €10. Children and elderly people €5.

The Old Man Burn – Traditional Irish Music

The Old Man Burn is a project which was created by a group of men who met on various occasions in Andalusia. The band comprises Ken Thorman on

acoustic guitar, Rubén Diaz on Irish flute and Pablo Gonzalez on violin. Concert will take place on July 11th from 10pm at Lagos Cultural Centre Patio.

FESTIVALS

Open-air art festival

From July 21st until 22nd, Monte Vale D'Eguas will host an open-air festival, that is a unique appearance on the cultural horizon of the Algarve. Embracing all art media: painting, sculpture, music, dance, literature, and even including culinary art, this non-commercial event offers all artists, galleries and other culture producers the chance to present their products and activities to a culturally interested public.

Simultaneously, people of all ages and nationalities seeking relaxation, entertainment and even inspiration can enjoy the work of the Algarve's best artists and musicians and discover the diversity of the culture scene. One important goal of this event is to provide children with the opportunity to experi-

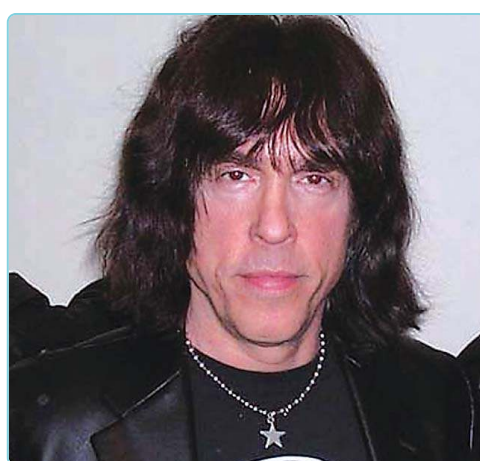
ment with various artistic media, awakening creative talent and interest. Another purpose is to promote cultural education for socially disadvantaged children.

Monte Vale d'Eguas is an expansive 18th century quinta located next to the Apolónia supermarket in Almancil. This unusual and vast arena has a riding school, swimming pool, several shady garden cafes, an old chapel and even a quaint gallery, set into large old trees. In this amazing atmosphere, every artist, musician, poet or whatever will find the right place to display or perform. Food Art offers the visitors culinary surprises. The synergy of various artistic media against the background of this historical beauty gives this unusual event its special charm.

Nokia Live

Don't miss the first Nokia Live festival, to be held on July 12th at Passeio Marítimo de

Algés in Lisbon, featuring The Chemical Brothers, !!!, Fischerspooner, Junior Boys, Tiga, Simian Mobile Disco and Digitalism.



Marky Ramone - Seixal

Marky Ramone is an American drummer. He is perhaps best known for being the drummer for the Ramones, as well as earlier for Richard Hell.

He started playing drums when he was 16, for hard rock band Dust. He recorded two albums with the band, before getting into the punk scene. In the mid 1970s, he joined Richard Hell & The Voidoids. He played on Hell's first two albums, as well as the classic single "Blank Generation".

When Tommy Ramone decided to quit the Ramones in 1978, Bell was asked to be Tommy's replacement, and was

renamed Marky Ramone.

Marky played drums with the Ramones for 15 years.

He was forced to leave the band in 1983 to overcome his addiction to alcohol (or "to fight his demons" as he put it) and was replaced by Richie Ramone. He returned in 1987 and played with the band up until their retirement in 1996.

Marky is back and will be performing at Sexal festival alongside The Queers, Capitão Fantasma, Mata Ratos, Decreto 77, Grankapo and Bless The Oggs at the Seixal Tatro Ginário Clube on July 15th from 4pm.

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Die Hard



Dead Girl



Shrek



Fantastic Four: Rise of the Silver Surfer



TAXI



Ocean's Thirteen



Pirates of the Caribbean: At World's End



Spider Man 3



Alatriste



Zodiac

ALGARVE

SBC
FORUMALGARVE
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5 JUL-11 JUL

1 Shrek the Third
Animation OV
(10.40-12.55 Sat & Sun) 15.10-17.25-19.45-22.00

Transformers
Josh Duhamel, Tyrese Gibson
00.10

2 Die Hard 4.0
Bruce Willis, Justin Long
00.30

Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba
13.15-15.30-17.45-20.00-22.15

3 Shrek the Third
Animation PV
(10.15-12.25 Sat & Sun) 14.35-16.50-19.05-21.20

Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
23.35

4 Die Hard 4.0
Bruce Willis, Justin Long
13.05-15.50-18.40-21.30-00.20

5 Transformers
Josh Duhamel, Tyrese Gibson
(12.35 Sat & Sun) 15.40-18.45-21.50

Shrek the Third
Animation OV
00.45

6 Transformers
Josh Duhamel, Tyrese Gibson
(11.55 Sat & Sun) 15.00-18.05-21.10-00.15

7 Die Hard 4.0
Bruce Willis, Justin Long
13.40-16.30-19.20-22.10

8 Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
14.00-17.30-21.00

Shrek the Third
Animation PV
00.30

9 Ocean's Thirteen
George Clooney, Brad Pitt
13.25-16.10-18.55-21.40-00.25

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5 JUL-11 JUL

1 Shrek the Third
Animation PV
(13.30 Sat & Sun) 15.30-17.35-19.40-21.45

Transformers
Josh Duhamel, Tyrese Gibson
23.55

2 Slow Burn
Ray Liotta, LL Cool J
(13.35 Sat & Sun) 16.20-18.35-21.20

Shrek the Third
Animation PV
23.50

3 Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
(13.35 Sat & Sun) 17.00-21.00

4 Ocean's Thirteen
George Clooney, Brad Pitt
(13.25 Sat & Sun) 16.05-18.45-21.35-00.10

OV = Original Version
PV = Portuguese Version

5 Die Hard 4.0
Bruce Willis, Justin Long
(13.25 Sat & Sun) 15.55-18.40-21.30-00.10

6 Transformers
Josh Duhamel, Tyrese Gibson
(13.10 Sat & Sun) 16.00-19.00-21.50

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5 JUL-11 JUL

1 It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
13.15-16.20-18.30-21.20-23.55

2 Shrek the Third
Animation PV
13.10-15.15-17.20-19.25-21.25-23.40

3 Ocean's Thirteen
George Clooney, Brad Pitt
13.25-16.10-18.55-21.40-00.10

4 Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba
13.05-15.20-17.30-19.40-21.55

Transformers
Josh Duhamel, Tyrese Gibson
00.00

5 Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
13.45-17.00-21.45

6 Die Hard 4.0
Bruce Willis, Justin Long
13.20-16.00-18.50-21.30-00.20

7 Transformers
Josh Duhamel, Tyrese Gibson
15.00-18.10-21.15-00.30

8 Transformers
Josh Duhamel, Tyrese Gibson
12.50-15.45-18.40-21.45

9 Shrek the Third
Animation OV
13.30-15.35-17.40-19.45-21.50-23.50

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5 JUL-11 JUL

Transformers
Josh Duhamel, Tyrese Gibson
15.30-18.30-21.30

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5 JUL-11 JUL

Shrek the Third
Animation OV & PV
Die Hard 4.0
Bruce Willis, Justin Long

It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
Transformers
Josh Duhamel, Tyrese Gibson

The Abandoned
Anastasia Hille, Karel Roden
Taxi 4
Samy Naceri, Frédéric Diefenthal

Belle Toujours
Michel Piccoli, Bulle Ogier
Ocean's Thirteen
George Clooney, Brad Pitt

Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba
Teresa, the body of Christ
Paz Vega, Leonor Watling

Zodiac
Jake Gyllenhaal, Robert Downey Jr
Trust the Man
David Duchovny, Julianne Moore

Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Johnny Depp, Orlando Bloom
(13.35 Sat & Sun) 17.00-21.00

Ocean's Thirteen
George Clooney, Brad Pitt
(13.25 Sat & Sun) 16.05-18.45-21.35-00.10

OV = Original Version
PV = Portuguese Version

Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom

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5 JUL-11 JUL

1 Die Hard 4.0
Bruce Willis, Justin Long

2 Shrek the Third
Animation PV
António Guerriero di Dio
Jordi Mollà, Paolo de Vita

3 Transformers
Josh Duhamel, Tyrese Gibson

4 Die Hard 4.0
Bruce Willis, Justin Long

5 In the Land of Women
Adam Brody, Meg Ryan

6 It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers

7 Ocean's Thirteen
George Clooney, Brad Pitt

8 Shrek the Third
Animation OV

9 Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom

10 The Dead Girl
Toni Collette, Piper Laurie

11 Zodiac
Jake Gyllenhaal, Robert Downey Jr

12 Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba

13 The Abandoned
Anastasia Hille, Karel Roden

14 10 Items or Less
Morgan Freeman, Paz Vega

15 Taxi 4
Samy Naceri, Frédéric Diefenthal

16 Fracture
Anthony Hopkins, Ryan Gosling

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5 JUL-11 JUL

Transformers
Josh Duhamel, Tyrese Gibson
Die Hard 4.0
Bruce Willis, Justin Long

Shrek the Third
Animation OV & PV
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom

Ocean's Thirteen
George Clooney, Brad Pitt
Belle Toujours
Michel Piccoli, Bulle Ogier

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5 JUL-11 JUL

Shrek the Third
Animation OV & PV
Transformers
Josh Duhamel, Tyrese Gibson

Meet the Robinsons
Animation

OV = Original Version
PV = Portuguese Version

It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
Die Hard 4.0
Bruce Willis, Justin Long
Transformers
Josh Duhamel, Tyrese Gibson
Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Ocean's Thirteen
George Clooney, Brad Pitt

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5 JUL-11 JUL

Ocean's Thirteen
George Clooney, Brad Pitt
Taxi 4
Samy Naceri, Frédéric Diefenthal

Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom

Die Hard 4.0
Bruce Willis, Justin Long
Shrek the Third
Animation OV & PV

Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba

It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
The Dead Girl
Toni Collette, Rose Byrne

Transformers
Josh Duhamel, Tyrese Gibson

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5 JUL-11 JUL

1 The Dead Girl
Toni Collette, Piper Laurie

2 Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba

3 Zodiac
Jake Gyllenhaal, Robert Downey Jr

4 Fracture
Anthony Hopkins, Ryan Gosling

5 Ocean's Thirteen
George Clooney, Brad Pitt

6 Shrek the Third
Animation PV
Slow Burn
Ray Liotta, LL Cool J

7 Alatrieste
Viggo Mortensen, Eduardo Noriega

8 Ocean's Thirteen
George Clooney, Brad Pitt

9 Transformers
Josh Duhamel, Tyrese Gibson

10 Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom

11 Trust the Man
David Duchovny, Julianne Moore

12 Die Hard 4.0
Bruce Willis, Justin Long

OV = Original Version
PV = Portuguese Version

13 Shrek the Third
Animation OV

14 In the Land of Women
Adam Brody, Meg Ryan

LUSOMUNDO FORUM MONTIJO
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5 JUL-11 JUL

Transformers
Josh Duhamel, Tyrese Gibson
Shrek the Third
Animation PV
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Ocean's Thirteen
George Clooney, Brad Pitt
Die Hard 4.0
Bruce Willis, Justin Long
Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba
Taxi 4
Samy Naceri, Frédéric Diefenthal

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Transformers
Josh Duhamel, Tyrese Gibson
Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba
Shrek the Third
Animation PV
Die Hard 4.0
Bruce Willis, Justin Long
Ocean's Thirteen
George Clooney, Brad Pitt
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers

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5 JUL-11 JUL

Fantastic Four: Rise of the Silver Surfer
Ioan Gruffudd, Jessica Alba
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Shrek the Third
Animation OV & PV
Transformers
Josh Duhamel, Tyrese Gibson
Ocean's Thirteen
George Clooney, Brad Pitt
Die Hard 4.0
Bruce Willis, Justin Long

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5 JUL-11 JUL

Transformers
Josh Duhamel, Tyrese Gibson
Die Hard 4.0
Bruce Willis, Justin Long
The Abandoned
Anastasia Hille, Karel Roden
Shrek the Third
Animation PV

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5 JUL-11 JUL

Ocean's Thirteen
George Clooney, Brad Pitt
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
In the Land of Women
Adam Brody, Meg Ryan
Shrek the Third
Animation OV & PV
Transformers
Josh Duhamel, Tyrese Gibson

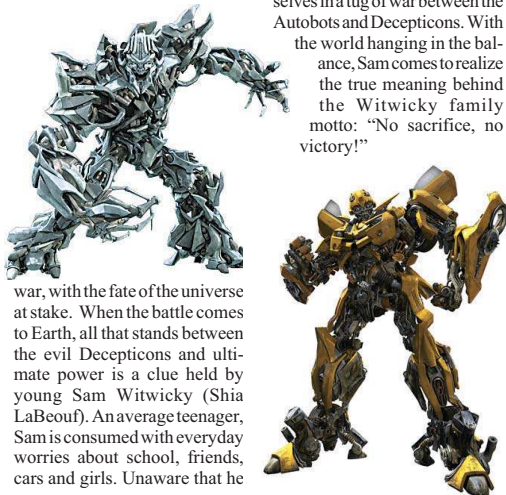


Introduced in 1984, the Transformers brand took the world by storm with its compelling saga of the Autobots versus the Decepticons. The innovative "Robots in Disguise" resulted in a tremendously successful toy line from Hasbro and Takara, comic book series, television program and an animated feature film. More than 20 years later, a new generation has discovered the excitement of the Transformers brand and its legendary characters, including the two leaders of the opposing sides: Optimus Prime and Megatron. Today, the franchise features a popular toy line, an animated series on the Cartoon Network and a chart-topping comic book series from IDW Publishing.



For centuries, two races of robotic aliens: the Autobots and the Decepticons, have waged a

war, with the fate of the universe at stake. When the battle comes to Earth, all that stands between the evil Decepticons and ultimate power is a clue held by young Sam Witwicky (Shia LaBeouf). An average teenager, Sam is consumed with everyday worries about school, friends, cars and girls. Unaware that he



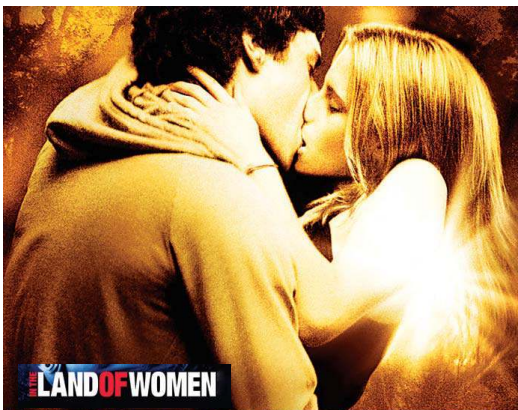
alone is mankind's last chance for survival, Sam and his friend Mikaela (Megan Fox) find themselves in a tug of war between the Autobots and Decepticons. With the world hanging in the balance, Sam comes to realize the true meaning behind the Witwicky family motto: "No sacrifice, no victory!"



Transformers stars Shia LaBeouf, Josh Duhamel, Tyrese Gibson, Anthony Anderson, Megan Fox, Rachael Taylor with John Turturro and Jon Voight.

The Earth is caught in the middle of an intergalactic war between two races of robots, the

heroic Autobots and the evil Decepticons, which are able to change into a variety of objects, including cars, trucks, planes and other technological creations.



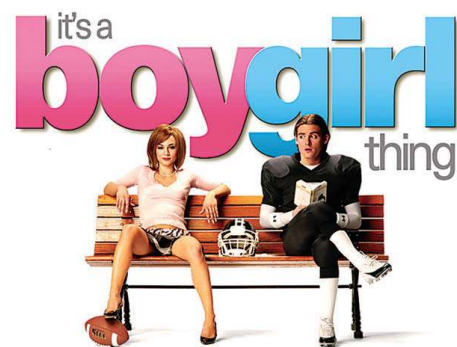
In the Land of Women is a romantic comedy/drama about trying to make sense of love.

Adam Brody plays Carter Webb who has just been dumped by his true love Sophia (Elena Anaya). Heartbroken and depressed, Carter escapes Los Angeles to suburban Michigan to care for his ailing grandmother (Olympia Dukakis). Soon after his arrival, Carter stumbles into the lives of the family living directly across the street: Sarah Hardwicke (Meg Ryan), the mother of two daughters: Paige

(Makenzie Vega), and older sister Lucy (Kristen Stewart). Through his relationships with these women, as well as with his grandmother, Carter discovers that what felt like an end was only just the beginning of something else....



Written by Geoff Deane (*Kinky Boots*), *It's a Boy/Girl Thing* is a hijinks romantic comedy about next-door neighbours who live worlds apart. Woody Deane (Kevin Zegers) and Nell Bedworth (Samaire Armstrong) are lifelong sworn enemies, who wake up one day to find themselves in a very strange place: each other's bodies. In their switched identities, each sets out to destroy the other's high school reputation, before going from infatuation to infatuation.



CELEB NEWS

Revered British actor **Jim Broadbent** has joined the cast of the upcoming fourth *Indiana Jones* movie. The *Moulin Rouge* star will join fellow Oscar winner **Cate Blanchett**, **Harrison Ford**, **Shia LaBeouf** and fellow Brits **John Hurt** and **Ray Winstone** in the much-anticipated action film. Production on the film, which reunites director **Steven Spielberg**, executive producer **George Lucas** and Ford as the adventurer, began last week. The movie is scheduled for release next summer. Broadbent won the 2001 Academy Award for Best Supporting Actor for *Iris*, the same year he also appeared in *Moulin Rouge* and *Bridget Jones's Diary*. «»» **Enigma** filmmaker **Michael Apted** is taking over from **Andrew Adamson** to direct the third instalment in *The Chronicles Of Narnia* series. Disney Pictures and Walden Media announced that Apted will direct *The Voyage Of The Dawn Treader*, which is scheduled for release in 2009. Adamson is currently filming *Prince Caspian* in New Zealand, which is set for release next year, following the success of *The Lion, The Witch And The Wardrobe* in 2005. In chronological order, *The Voyage Of The Dawn Treader* and *Prince Caspian* are the fifth and fourth books respectively in C.S. Lewis' seven book trilogy, but filmmakers have chosen the order so the first movie's child actors can continue to play their characters before they are too old. «»» The director who persuaded **Halle Berry** to bare all for a raunchy sex scene in a part that earned her a Best Actress Oscar is to take charge of the next James Bond film. *Monster's Ball* filmmaker **Marc Forster**, who also made **Johnny Depp** movie *Finding Neverland*, has been given the keys to 007's latest adventure, where he'll direct **Daniel Craig** as the suave spy in the Brit's second Bond film. The 22nd Bond film, which he'll direct, will be adapted from a script he and Oscar-winning screenwriter Paul Haggis will develop. The new film doesn't have a title yet but it's expected to hit movie screens in November 2008. «»» A completed screenplay of *Warhead*, a movie that would have returned **Sean Connery** to the screen as James Bond in 1977, has been discovered by British writer Robert Sellers, together with pre-production sketches and photographs, according to *Scotland on Sunday*. The screenplay, it noted, was co-written by Connery himself as well as thriller writer Len Deighton and Kevin McClory, who worked with Bond creator **Ian Fleming** on the screenplay for *Thunderball*. Connery would also have served as executive producer. The story about the fate of *Warhead* is to be told in a new book, *The Battle for Bond*, due to be published this week, the newspaper said. Sellers was quoted as saying that his source "actually had the original script. ... This wasn't a proposal or a suggestion, this was an actual script, a full-fledged, finished screenplay." He added: "You had an underwater base that rises out of the sea, you had helicopter attacks on the Statue of Liberty. ... It would have been the most extravagant Bond film ever." «»» Oscar winner **Denzel Washington** is set to pick up the Stanley Kubrick Britannia Award for Excellence in Film at the BAFTA/LA Cunard Britannia Awards later this year. The *Training Day* star will be honoured by the Los Angeles branch of the British Academy of Film and Television Arts at a November ceremony at the Century Plaza Hotel in Century City, California. BAFTA/LA chairman Peter Morris enthuses, "As both an actor and director, Denzel continually takes on challenging projects, and we are thrilled to honour and celebrate his immense talents." «»»

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4 **The Dead Girl**
Toni Collette, Piper Laurie
5 **Spiderman 3**
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George Clooney, Brad Pitt
Fantastic Four: Rise of the Silver Surfer
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Fracture
Anthony Hopkins, Ryan Gosling
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
António Guerreiro di Dio
Jordi Mollà, Paolo de Vita
Shrek the Third
Animation PV
The Bridge
Documentary
Ocean's Thirteen
George Clooney, Brad Pitt
Transformers
Josh Duhamel, Tyrese Gibson



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George Clooney, Brad Pitt
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Johnny Depp, Orlando Bloom
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Shrek the Third
Animation PV
Die Hard 4.0
Bruce Willis, Justin Long

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Shrek the Third
Animation PV

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Fantastic Four: Rise of the Silver Surfer
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Paz Vega, Leonor Watling
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Animation PV
Die Hard 4.0
Bruce Willis, Justin Long
Ocean's Thirteen
George Clooney, Brad Pitt
Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe
Pirates of the Caribbean: At World's End
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Fantastic Four: Rise of the Silver Surfer
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Fantastic Four: Rise of the Silver Surfer
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Ocean's Thirteen
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Toni Collette, Rose Byrne
Pirates of the Caribbean: At World's End
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Die Hard 4.0
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Josh Duhamel, Tyrese Gibson

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Shrek the Third
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It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
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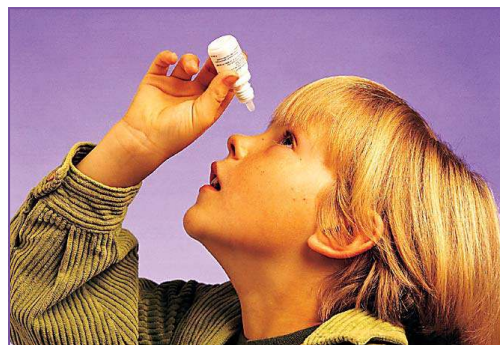


Hay fever is nothing to sneeze at

The arrival of summer is not welcomed by everyone. The longer evenings, better weather and the flowering of plants may herald the onset of sunnier times for most people. But for those with hay fever, the blooming of nature means pollen and pain. This is the 'sneezing season' dreaded by all sufferers of hay fever.

Hay fever, or seasonal allergic rhinitis as it is known medically, is an allergic reaction to pollen and spores, the micro-

news is there's plenty you can do to help. But it's not just about easing the symptoms. There are also several simple steps you can



Hay fever sufferers experience the well-known symptoms of a pollen allergy. A stuffed or runny nose is often accompanied by sneezing. Overproduction of mucus can lead to coughing, watering eyes and a postnasal drip. The eyes, nose and throat can develop an itch. (PHOTO: Press Association)

scopic grains that plants, trees, grasses or fungi use for fertilisation. In spring, plantlife comes into bloom and many forms of trees, grasses, fungi and flowers release pollen and spores in order to reproduce. While many plants rely on insects to transfer their pollen, others release their pollen onto the wind. It tends to be this wind-borne pollen that causes problems.

Once your child has been diagnosed with hay fever, the good

take to minimise their exposure to pollen and stop the sniffles before they even get started.

Of course, if your child is at school you won't always be there to remind them of the golden rules. Teaching them the basics as early as possible will get them into good habits for the years to come. It's also useful to let their teachers or nursery staff know about their allergy so they can keep an extra eye on them throughout the day.

Prevention tips

Gentle on the nose: blowing their nose is the best way to clear it, whether they can do it for themselves or they need a little help from you.

Be kind to sensitive eyes: itchy eyes are no fun for anyone but rubbing them will only make things worse. A splash of cold water is much more effective.

The right time for playtime: pollen levels tend to be highest before 10am and in the late afternoon and evening, when the safest place for your child to be is indoors. Banish boredom by giving them lots of exciting activities to do, and keep the windows and doors closed if you can.

Cool kids wear sunglasses: not just a fashion statement, they also do a great job of keeping pollen out of your child's eyes. A hat will stop pollen attaching itself to their hair too.

Wash it off: after being outside, a quick shower and a change of clothes will make your child a pollen-free zone.

Protect their airways: put a little petroleum jelly inside each nostril to catch pollen before it gets up their nose. It will also help to soothe any soreness from all that blowing.

Treat it: a specially formu-



Hay fever mostly affects the nose, blocking it up or making it itchy and runny. Sinuses can get blocked too, causing headaches. (PHOTO: Press Association)

lated antihistamine for children will help to ease the symptoms quickly and let your child carry on with their day. Speak to your family physician.

Be prepared for pollen: check the pollen count before your child goes outside so that you know how prepared they need to be.

Keep teddy clean: dust can easily aggravate hay fever symptoms and that means cuddly toys are prime suspects. Kill the dust mites by putting the toy in a plastic bag in the freezer for 24 hours, then wash it at 60°C.

Tumble driers rule: hanging sheets, duvets and pillow cases

on the line is like erecting a giant pollen net. Wash your child's bedding regularly and use the tumble drier instead.

Beware of cats and dogs: pollen sticks to animal fur. Make it a house rule to keep pets off the beds, especially your child's.

Three ways to

... deal with sibling disputes

1. Teach them alternatives to fighting, like walking away, compromising or negotiating.
2. Set getting-along rules, like no hitting or biting, and no name-calling.

3. Ignore them if they tell tales about what the other's done, and if necessary stop the behaviour without addressing the tale that's been told. Don't take sides.



(PHOTO: Press Association)

Ask the expert

Will my children's psychological well-being benefit from playing in green spaces outside? And if so, is playing in the garden good enough?

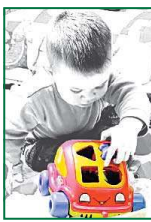
Dr. William Bird, health advisor to Natural England, has just compiled a report warning that the mental health of today's children is at risk because they miss out on exposure to the natural world. He says: "We still thrive in an environment that has contact with nature."

"When children are outside among trees and grass they can off-load any stress, leading to better concentration at school. New evidence has shown that even looking at trees out of their window can improve their behaviour. Schools with playgrounds that have been converted from tarmac to grass

and trees have shown a reduction in bullying and an improvement in academic performance. This is because the creative child becomes the centre of attention, not the bully."

"Many children first experience nature in their back gardens, but as they get older they'll benefit more from a more wild experience in the natural environment, such as local woods. As children are kept indoors or only allowed out in structured play, we're creating a 'lost generation' of children to the natural environment."

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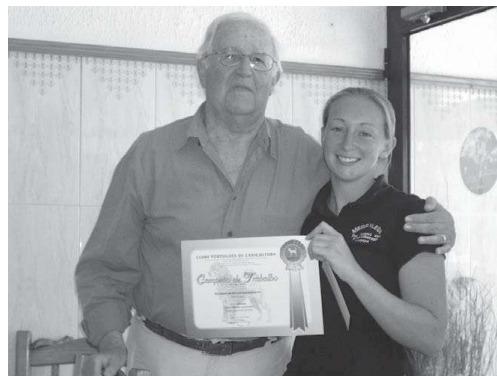


Laura began competing in Water Trails last year with her Portuguese Water Dog Izzy. This year, she has competed again with 3 dogs, Izzy, Leo and Annie. This year Izzy, who is still only 17 months old, became the youngest ever Water Champion in Portugal and Laura is the only English person to have a

started 10 years ago. For all this time they were only demonstrations trials, with classifications and final ranking at the end of the season, but no championship.

Three years ago, the kennel club finally approved the championship and the trials started being marked and points awarded

Izzy, the Champion Water Dog



In the Trials the dogs have to swim out with their owner/handler around two bouys in the sea. (for the juniors this is a timed swim between the two bouys but for the adult dogs they have to swim for 2 mins! This doesn't sound like a long time but believe me it is. That is the first exercise.

The second is the retrieve, the owner/handler throws an object (a dumb bell for the juniors and a rope with small bouys attached for the adult dogs). The dogs are expected to run into the sea and retrieve the object without hesitation. They should return the object to the hand of the owner. Each aspect of the retrieve is awarded points. The third exercise is the dive. The dogs have to

follow the handler into the sea at which point the handler throws a specifically made diving toy (with fishing weights) into the sea.

The wood part of the toy sinks to about 20 cm below the water level and the object is for the dog to immerse its whole head in the water and bring the toy out and back to shore.

The past Water Champions are:

- brisa da areia branca
- histrionicus da ria formosa
- herah
- gelo da pedra da anixa
- ema

and now there is lauras dogs izzy her official name is Beladona negra das aguas bravas.



Portuguese Water Dog Water Champion.

The trials started about 25 years ago, but they were interrupted for some time and re-

for specific exercises (with the 2 levels). The first champion was "brisa da areia branca". The youngest was "gelo da pedra da anixa" who was about 3 years.

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SCRUFFTS 2007

The Association for Protection of Animals in the Algarve area are pleased to announce that the **9th Scruffts Dog of the Year Show** has now been confirmed for Sunday, 16th September.

The venue will be in the same place as last year's show, at the FATACIL showground in Lagoa, Algarve. "I am delighted", says APAA President Linda Pixley, "that after last year's very successful show we can return to the same venue again... and we are looking forward to an exciting Algarve event."


Details of judging classes and other features of the show will be announced shortly.

Anyone or any company interested in sponsoring or taking a trade stand at the show are welcome to email for more information.
scruffts2007@yahoo.co.uk

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6.00 Yesterday at Wimbledon. (T) 7.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Ever Wondered About Food? (T) 12.00 BBC News; Regional News; Weather. (T) 12.15 Ready, Steady, Cook. (R) (T) 1.00 Animal Park. (T) 1.30 Wimbledon 2007. Live coverage of the ladies' singles final. (T)

5.20 BBC News; Weather. (T)

5.30 Live Earth. Jonathan Ross and Graham Norton present continued live coverage of the star-studded concert at Wembley Stadium, where high-profile bands and artists from both sides of the Atlantic including "Queen of Pop" Madonna, rock groups Red Hot Chili Peppers, Razorlight, Keane, Snow Patrol, Bloc Party, Foo Fighters, Beastie Boys, Kasabian and Metallica, Eighties new romantics Duran Duran, urban music stars Black Eyed Peas and Pussycat Dolls, singer-songwriters Corinne Bailey Rae, Damien Rice, Paolo Nutini, Terra Naomi, David Gray, James Blunt and John Legend, documentary stars Spinal Tap, and the recently reunited Genesis perform to raise awareness of global warming and gain support for action to tackle climate change. Edith Bowman goes backstage with the artists, while a host of special guests reveal why they are pledging their support to the cause. Experts are on hand to discuss and analyse the issues behind the event, including the BBC's Environment Correspondent David Shukman. Viewers can press the red button to see uninterrupted coverage from 10am on digital satellite and cable, and at 1.30pm on Freeview, plus the best acts from the other seven venues around the world. Further coverage is available online for seven days after initial broadcast. Continues after the News. (T)

10.30 BBC News; Weather; (T) National Lottery Update.

10.50 Live Earth. Highlights from around the world as acts attempt to raise awareness of global warming and gain support for action to tackle climate change. Giants Stadium, the home of the New York Giants, will be playing host to the newly reformed Police, American rock groups the Smashing Pumpkins and Bon Jovi, r'n'b stars Akon and Alicia Keys hip-hop icons Ludacris and Kanye West, the first American Idol Kelly Clarkson and Brit-Award-winning singer-songwriter KT Tunstall. Also taking the stage in the Big Apple will be AFI, Dave Matthews Band, Fall Out Boy, John Mayer, Keith Urban, Melissa Etheridge, Roger Waters and Taking Back Sunday; (T) Weatherview. 4.05 BBC News 24. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 The Batman. (R) (T) 7.45 Dennis the Menace; (R) (T) The Likeaballs. (T) 8.20 ChuckleVision. (R) (T) 8.30 The Story of Tracy Beaker. (R) (T) 9.00 Saving Planet Earth. (T) 9.30 The Slammer. (R) (T) 10.00 Beat the Boss. (R) (T) 10.25 Best of Friends. (R) (T) 10.55 The Story of Tracy Beaker. (R) (T) 11.20 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 See Hear. (T) 12.30 Live Earth. (T) 5.20 Wimbledon 2007. Live coverage of the men's and ladies' doubles finals. Subsequent programmes subject to change. (T) 7.55 The National Lottery Draws. Tim Vincent sets the balls rolling as the results of the Thunderball, Dream Number and Lotto draws are revealed. (T) 8.05 Coast. The team journey along the Welsh coastline and explore how Swansea's monopoly of the copper trade in the 18th and 19th centuries helped Nelson achieve victory at Trafalgar. (R) (T) 9.05 Porridge. Fletcher yearns for peace and quiet. (R) (T) 9.30 The Thick of It: The Rise of the Nutters. Double-length episode of the comedy. (T) 10.30 Today at Wimbledon. John Inverdale presents highlights of this afternoon's ladies' singles final at the All England Club, where the third Grand Slam title of the year was scheduled to be decided. (T) 11.30 FILM: Fight Club (1999). Acclaimed drama, starring Brad Pitt. (T) 1.45 FILM: Mr Majestyk (1974). Tongue-in-cheek thriller, starring Charles Bronson. (T) 3.30 Close.

Pick of the Day

Live Earth (BBC1, 5.30pm)

A who's who of the biggest names in world music stage a series of concerts designed to highlight the environmental issues affecting the planet in the 21st century. Jonathan Ross, Graham Norton and Edith Bowman present coverage of Live Earth, with performances from Madonna, Red Hot Chili Peppers and James Blunt, among many others. From a special studio at Wembley, Jonathan provides his own unique brand of commentary and speaks to a host of international stars about the day's music and the environmental issues behind the concerts. Making sure that viewers don't miss out on any of the must-see moments, Graham Norton is catching up with more of the performers and special guests. In the thick of things by the stage, Edith keeps viewers up-to-date with the action as it happens. The Wembley line-up includes Snow Patrol, Razorlight, Keane, Damien Rice, Corinne Bailey Rae, David Gray, Duran Duran, Genesis, Foo Fighters, Beastie Boys, Black-Eyed Peas and Paolo Nutini. Viewers can also catch highlights from the other Live Earth concerts taking place around the globe, in the event which is the brainchild of former United States Vice-President Al Gore and Live 8-organiser Kevin Wall. BBC Environment Correspondent David Shukman will be providing context and analysis on the day.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: Big Brother's Little Brother. (T) 9.25 T4: TBA: Mika. 10.00 T4: Friends. (R) (T) 10.30 T4: Popworld. (T) 11.20 T4: Big Brother. (R) (T) 12.25 T4: Big Brother. (R) (T) 12.55 T4: Friends. (R) (T) 1.30 T4: Friends. (R) (T) 2.00 Channel 4 Racing from Sandown Park and Haydock Park. Including the 3.15 Coral-Eclipse Stakes (1m 2f). (T) 4.00 Red Bull Air Race. (T) 4.45 Deal or No Deal Classic. (R) 5.35 The Worst Jobs in History. (R) (T) 6.35 Channel 4 News. (T) 7.00 The 100 Greatest War Films. The final part of the countdown of the best war movies ever committed to celluloid. The harrowing opening scenes in Saving Private Ryan, the intensely emotional Schindler's List, the blackly comic Dr Strangelove and unforgettable Vietnam drama Apocalypse Now all appear. Contributors include Steven Spielberg, Martin Sheen, Ridley Scott, Ralph Fiennes, Michael Portillo and John Mills. (R) (T) 10.15 FILM: Blow (2001). Fact-based drama chronicling the career of Seventies drug trafficker George Jung, who became one of the most powerful figures in the US cocaine trade. Johnny Depp and Penelope Cruz star. 12.30 4Music: TBA: Mika. (R) 1.20 4Music: The JD Set Presents: Noisettes. (T) 1.40 4Music: Road to V. 2007. (R) (T) 1.55 Big Brother Live. 3.55 Child Chain Smoker. (R) (T) 4.55 Countdown. (R) (T) 5.40 The Making of Twelfth Night. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshake!: The Milkshake! Show. (R) (T) 7.25 Mist: Sheepdog Tales. (R) (T) 7.45 Roary the Racing Car. (R) (T) 8.00 Make Way for Noddy. (R) (T) 8.15 Say It with Noddy. (R) (T) 8.20 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.35 The Book of Pooh. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Fifth Gear. Vicki Butler-Henderson test-drives the Nissan 350Z. Last in series. (R) (T) 11.00 Nick Baker's Weird Creatures. (R) (T) 12.05 High Adventure. (R) (T) 12.35 FILM: Sam Whiskey (1969). Western comedy, starring Burt Reynolds. (T) 2.25 FILM: The Dunera Boys (1985). Wartime drama, starring Bob Hoskins. (T) 5.25 FILM: The Scalphunters (1968). Western comedy, starring Burt Lancaster. (T) 7.15 Cricket on five. England v West Indies. Mark Nicholas is joined by Ian Bishop and Simon Hughes to present action from the third and final one-day international of the series at Trent Bridge. (T) 8.00 five news and sport. (R) (T) 8.15 NCIS. The team investigate the murder of a Marine, but it isn't long before their prime suspect also turns up dead. Tim and Abby discover clues relating to both killings in an e-mail. (R) (T) 9.10 CSI: NY. Tennis legend John McEnroe (guest-starring as himself) comes under suspicion of murder. Meanwhile, the team support Mac at his disciplinary hearing. (T) 10.10 Law & Order. (T) 11.10 Angela's Eyes. (T) 12.10 Quiz Call. 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CIVT: Horrid Henry. (T) 9.40 Planet Sketch. (T) 9.55 Tricky TV. 10.25 The Gibley Boys. (R) (T) 10.55 SpongeBob SquarePants. (R) (T) 11.10 The New Worst Witch. (R) 11.40 Grizzly Tales for Gruesome Kids. (R) (T) 11.50 You Can Do Magic. (R) (T) 12.05 ITV News and Weather. (T) 12.10 London Today; Weather. (T) 12.15 F1: British Grand Prix Qualifying. Live coverage from Silverstone. (T) 2.25 FILM: Tobruk (1967). World War Two adventure, starring Rock Hudson. (T) 4.20 London Tonight; Weather. (T) 4.35 ITV News and Sport; Weather. (T) 4.50 FILM: Harry Potter and the Philosopher's Stone (2001). Magical adventure, starring Daniel Radcliffe. (T)

7.30 Harry Potter: Behind the Magic. Ben Shephard finds out about the making of Harry Potter and the Order of the Phoenix. He talks to Daniel Radcliffe about Harry's first screen kiss and meets new cast members Imelda Staunton and Evanna Lynch - who played Pooka Umbridge and dreamy pupil Luna Lovegood. The presenter also goes behind the scenes as the spectacular set for the Ministry of Magic is constructed. (T)

8.30 Sing It Back: Lyric Champion 2007. New series in which contestants are challenged to sing missing lyrics from popular songs to win a dream holiday. There's no need for the hopefuls to practise their scales in preparation, because they will be judged on how accurately they remember the words, rather than how well they sing them. Radio 1 DJs JK and Joel present, while adjudicator Paul Gambaccini has the final say on any disagreements. (T)

9.30 That's What I Call Television. Guest host Matthew Kelly joins Fern Britton for a celebration of Eighties TV. The pair reunite the stars of Bread and Game For a Laugh as well as recreating a Miss World contest. (T)

10.30 ITV News and Weather; Weather. (T) 10.45 Parkinson's All-Time Greatest Entertainers. Chat show veteran Michael Parkinson celebrates the lives and work of 10 individuals who in his opinion have contributed most to the world of entertainment - whether sport, comedy, popular music, Hollywood or natural history. The host visits locations linked with his chosen stars, talks to people who know them best and presents archive footage to bolster his case for their inclusion. (R) (T)

12.15 Make Your Play; (T) ITV News Headlines. 4.10 Boot Sale Treasure Hunt. (R) (T) 4.30 Boot Sale Treasure Hunt. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0700 Brinca Comigo
0900 Ecoman 1000 O
Ultimo Leopardo 1100
Descobrir Portugal
1200 A Minha Sogra é
um Bruxa 1230
Destinos.Pl 1300 News
1415 Top+ 1700
Kangaroo Jack, film
2100 A Voz do Cidadão
2115 SOS Earth Concert
RTP2
0645 Weather 0700
Euronews 0730 Africa 7
Days 0800 News 0900
University 1200 Vida no
Vida 1230 Câmara Clara
1330 Bombordo 1400
Parlament 1500 Sport
1900 Couto & Coutadas
1930 Geração Cientista
2000 Hi Hi Puffy Ami
Yumi 2030 Kulito 2100
Vidas 2150 Loto Draw
2200 News 2300 Ride
the High Country, film
0115 Lâmour A Mort, film
SIC
0700 Children TV 0900
Disney Kids 1100 Uma
Aventura 1200 Our
World 1300 News 1400
Extase 1500 Onda de
Verão 1800 13 Going On
30, film 2000 News
2130 Desorevebudis
2215 Página da Vida
0015 Payback, film
TVI
0700 Children TV 1000
O Banho Dos Quatro
1130 DeLuxe 1300 News
1400 Heroes 1600 Film
TBA 1800 Film TBA 1900
News 0100 On Deadly
Ground

Best of the Rest

BBC3
7.00 T in the Park 2007
8.30 Top Gear 9.30 Little
Britain 10.00 Touch Me, I'm
Karen Taylor 10.30 T in the
Park 2007 12.30 The Real
Hustle 1.00 The Real
Hustle 1.30 Touch Me, I'm
Karen Taylor 2.00 P****d
and Pregnant 3.00 The Real
Hustle 3.30 The Real
Hustle 4.00 Close

BBC4
7.00 Voyages of Discovery
8.00 Children's TV on Trial
9.00 When the Strangers
Met Roland Rat 10.00 The
Cult Of 10.30 The Thick of
It Special: Spinners and
Losers 11.30 Children's TV
on Trial 12.35 When the
Strangers Met Roland Rat
1.35 The Thick of It Special:
Spinners and Losers 2.35
Voyages of Discovery 3.35
The Cult Of 4.05 Close

ITV2
2.35 Holiday Showdown
Extreme 3.35 Holiday
Airport: Palma 4.40 The
New Adventures of
Superman 5.30 America's
Got Talent: Results 7.30
Nanny 9.11 8.30 Film:
Police Academy II: Their
First Assignment 15 (1985)
10.10 Film: Manhunter 18
(1986) 12.30 Test Drive
My Girlfriend 1.00 Make
Your Play: ITV Play 3.40
Emmerdale 6.00 Close

Sky One
1.00 Star Trek: The Next
Generation 2.00 Star Trek:
The Next Generation 3.00
Relic Hunter 4.00 Pirate
Master 5.00 Malcolm in the
Middle 5.30 Malcolm in the

Middle 6.00 Brainiac: Science
Abuse 7.00 The Simpsons
7.30 The Simpsons 8.00 Cold
Case 9.00 Bones 10.00
Bones 11.00 Bones 12.00 The
Hades Factor 1.50 Relic
Hunter 2.40 Death by Excess
3.30 Star Trek: The Next
Generation 4.20 Star Trek:
The Next Generation 5.10
World's Craziest Videos 5.35
America's Dumbest
Criminals

UKTV Gold
1.20 Keeping Up
Appearances 2.00 Last of
the Summer Wine 2.40 Last
of the Summer Wine 3.20
Last of the Summer Wine
4.00 Doctor Who 5.00 The
Thin Blue Line 5.40 The Thin
Blue Line 6.20 The Thin Blue
Line 7.00 My Family 7.40 My
Family 8.20 My Family 9.00
Only Fools and Horses 10.20
Film: Phenomenon PG (1996)
12.45 The Thin Blue Line 1.25
The Girl in the Cafe 3.00 My
Family 3.30 My Family 4.00
Keeping Up Appearances
4.30 Keeping Up
Appearances 5.00 Keeping
Up Appearances 5.30 Last
of the Summer Wine

TCM
3.00 Marlowe PG (1969) 4.45
Jailhouse Rock PG (1957)
6.35 The Hill PG (1965) 9.00
Lethal Weapon 18 (1987)
11.10 Pat Garrett and Billy
the Kid 15 (1973) 1.30 High
Sierra PG (1941) 3.10
Teleshopping 3.30 Joe: The
Busy Body PG (1972)
The Disney Channel
Kids' programmes from 7am,
except: 4.00 Film: Johnny
Tsunami PG (1999)
Snowboarding drama,
starring Brandon Baker.

Sky Movies Drama

6.50 Wilder Days PG (2003)
8.35 A Walk in the Clouds
PG (1995) 10.30 Hockey
Mom PG (2003) 12.15
Undiscovered PG (2005)
With Ashlee Simpson. 2.00
Wilder Days PG (2003) With
Peter Falk. 3.50 A Walk in
the Clouds PG (1995) With
Keanu Reeves. 5.45
Hockey Mom PG (2003)
With Jessalyn Gilsig. 7.00
Drama Close Up 8.00
Undiscovered PG (2005)
With Ashlee Simpson. 10.00
Hustle and Flow 15 (2005)
With Terrence Howard.
12.00 Stay 18 (2005) With
Ewan McGregor. 1.45 The
Thing Called Love 15 (1993)
With River Phoenix. 3.50
Crimes of Passion: Voice
from the Grave 18 (1996)
5.30 Hockey Mom PG
(2003)

Sky Movies Comedy

7.05 Pleasantville 12 (1998)
9.15 Elizabethtown 12
(2005) 11.20 Comedy Close
Up 11.50 Wedding
Crashers 15 (2005) With
Vince Vaughn. 2.05 Love
at First Bite 15 (1979) With
George Hamilton. 3.55 La
Cage aux Folles 15 (1978)
With Ugo Tognazzi. 5.35
Pleasantville 12 (1998)
With Tobey Maguire. 8.00
Elizabethtown 12 (2005)
With Orlando Bloom. 10.10
Wedding Crashers 15
(2005) With Vince Vaughn.
12.15 La Cage aux Folles
15 (1978) With Ugo
Tognazzi. 1.55 Gridlock'd

18 (1997) With Tupac
Shakur. 3.30 Love at First
Bite 15 (1979) 5.10
Mastermind PG (1976)

Sky Movies Action

6.20 Force of Impact PG
(2005) 7.55 Run 15 (1990)
9.30 Young Guns II: Blaze
of Glory 15 (1990) 11.15
Red Eye 12 (2005) With
Rachel McAdams. 12.45 Mr
& Mrs Smith 15 (2005) With
Brad Pitt. 2.45 Alexander
15 (2004) With Colin Farrell.
5.40 Young Guns II: Blaze
of Glory 15 (1990) With
Emilio Estevez. 7.25 Force
of Impact PG (2005) With
Antonio Sabato Jr. 9.00 Mr
& Mrs Smith 15 (2005) With
Brad Pitt. 11.00 Red Eye 12
(2005) With Rachel
McAdams. 12.30 Inferno 18
(1999) With Jean-Claude
Van Damme. 2.20 Run 15
(1990) With Patrick
Dempsey. 4.05 Force of
Impact PG (2005) 5.50
Action & Thriller Close Up

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast

in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30
Premier League World 6.00
Soccer AM: The Best Bits 6.00
Soccer AM: The Best Bits 9.00
Cricket AM. 10.30 Live
International Cricket. England
v West Indies. 7.00 FIFA
Futbol Mundial 7.30 Live
Masters Football. The Central
Masters. 10.30 Live Copa
America Football. The first
two quarter-finals (Kick-offs
11.05pm and 1.50am). 3.30
Super League 5.00 FIFA
Futbol Mundial 5.30 Wild
Spirits

Sky Sports 2

6.00 Moto Plus 6.30
Watersports World 7.30 Race
World 8.30 Premiership Years
10.30 Live International Rugby
Union: Australia v South
Africa (Kick-off 11.00am).
1.00 Max Power 2.00 Live
European Tour Golf. The
European Open. 6.00 World
Sport 6.30 Moto Plus 7.00
Live Darts. The fourth day of
the Las Vegas Classic. 11.00
International Cricket 1.00
Super League 2.30
International Cricket 4.30
Ocean 5.00 Race World

Sky Sports 3

6.00 Sports Unlimited 7.00
Rally World 7.30 Super
League 9.00 Racing News
10.00 WWE: Smackdown
12.00 WWE: Bottom Line 1.00
FIFA Futbol Mundial 1.30 Rally
World 2.00 WWE: Smackdown
4.00 WWE: Bottom Line 5.00
Max Power 6.00 Live Super
League. Harlequins v

Catalans Dragons (Kick-off
6.00pm). 8.00 Live Golf Night.
The US Senior Open. 12.00
Extreme Championship
Wrestling 1.00 WWE: Late
Night - Smackdown 3.00 WWE:
Late Night - Bottom Line 4.00
Max Power 5.00 Sports
Unlimited

British Eurosport

7.30 Eurosport Buzz 8.00
Volleyball 9.00 Live Equestrian.
The World Festival from
Aachen, Germany. 10.45
International Football 11.30
International Football 12.15
Live Motor Racing. The
International Formula Masters
from Boavista. 1.15 Live
Fencing. The European
Championships. 2.15 Live
Cycling: Tour de France. The
7.9km prologue in London. 7.00
Cycling 7.30 Live Volleyball
8.30 Eurosport Buzz 9.00
Cycling: Tour de France 10.00
Cycling 10.30 Volleyball 11.00
Live Beach Volleyball 12.00
Live Beach Volleyball.
Coverage of the men's
Montreal Open semi-finals.
1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 Tight
Lines 8.00 Friday Night
10.00 Darts 2.00 Live Rugby
Union. Cheetha's v Griquas
(Kick-off 2.00pm). 4.00 Live
Rugby Union. Blue Bulls v
Lions (Kick-off 4.05pm). 6.00
International Rugby Union 8.00
Live Greyhound Racing. The
Greyhound Derby. 10.30 Wild
Spirits 11.00 Moto Plus 11.30
International Rugby Union 1.30
Golf Night 5.30 Ocean

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6.00 Yesterday at Wimbledon. (T) 7.00 Breakfast. (T) 9.00 Sunday AM; (T) BBC News. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 11.00 Countryfile. (T) 12.00 Cash in the Attic. (R) (T) 1.00 Keeping Up Appearances. (R) (T) 1.30 Wimbledon 2007. Live coverage of the men's singles final. Subsequent programmes subject to change. (T)

6.05 Antiques Roadshow. Treasures are examined at the RHS gardens at Wisley. (R) (T) 6.50 The Great British Village Show. Alan Titchmarsh, James Martin and Angellica Bell visit Nostell Priory in Yorkshire to meet some of the country's best vegetable growers, flower arrangers and cake decorators. (T)

7.35 BBC News; Regional News; Weather. (T) 8.00 The Chase. Sarah's wedding celebrations are thrown into turmoil when the venue for the reception burns down, and things go from bad to worse when she collapses back at the practice. Clare ends her relationship with Rick while Daisy runs away from school to visit her father at his new flat, much to Anna's chagrin. Drama, starring Nicola Stephenson and Gaynor Faye. (T)

9.00 How We Built Britain. David Dimbleby heads north to learn about the industrial hub of Queen Victoria's Britain, where progress affected people in radically different ways. He travels by steam to Newcastle before venturing south-west to Manchester, discovering vast warehouses based on Venetian palaces and a town hall with distinctly Gothic architecture. His journey also takes him to the grand merchant houses, music halls and shopping arcades of Leeds. (T)

10.00 BBC News; Weather. (T)

10.15 Medium. Allison suffers confusing visions about a little boy while helping District Attorney Devalos investigate the death of a respected congressman. Paranormal drama, starring Patricia Arquette. (T) 11.00 BBC One Sessions: Tony Bennett in Concert. Accompanied by a four-piece band, legendary entertainer Tony Bennett performs a selection of his most cherished songs from a career that has spanned more than five decades, including Fly Me to the Moon, The Good Life, If I Ruled the World and For Once in My Life. The concert comes from the intimate setting of LSO St Lukes, London. (T)

11.50 FILM: Student Seduction (2003). Fact-based drama, starring Elizabeth Berkley; (T) Weatherwise.

1.20 Sign Zone: Holby City. (R) (T) 2.20 Sign Zone: The Science of Superstitions. (R) (T) 2.50 Sign Zone: The Great British Village Show. (R) (T) 3.35 Sign Zone: How Green Is Your High Street? (R) (T) 4.35 BBC News 24. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Legend of the Dragon. (R) (T) 7.30 Smile. (T) 10.00 Something for the Weekend. (T) 11.30 Bill's Food. (R) (T) 12.00 The Sky at Night. (R) (T) 12.20 Animal Park. (T) 12.50 FILM: Star! (1968). Musical, starring Julie Andrews. (T) 3.35 EastEnders. (T) 5.30 Songs of Praise. (T) 6.05 Wimbledon 2007. Sue Barker introduces live coverage of the final day's play at the All England Club, featuring the mixed doubles final. Plus, a look back at the men's singles final. Subsequent programmes subject to change. (T) 8.00 Coast. The team explore Ireland's west coast between Galway Bay and Fastnet Rock. Alice Roberts travels to Skellig Michael Island and Neil Oliver examines the area's links with Columbus. (T) 9.00 Rome. Brutus is confident he will triumph over Octavian. (T) 10.00 Today at Wimbledon. John Inverdale presents highlights of the men's singles final at the All England Club. Plus, action from the mixed doubles final as the All England Championships draw to a close. (T) 11.00 Graham Norton Uncut. (T) 11.45 FILM: Bronco Billy (1980). Comedy Western, starring Clint Eastwood. (T) 1.35 FILM: The Spiral Staircase (1946). Thriller, starring Dorothy McGuire. (T) (bw) 3.00 Close.

Pick of the Day

The Commander (ITV1 Granada, 9pm)

Britain's hardest working policeman is back and yet again under pressure as her latest case hits the media spotlight. The body of a two-year-old girl is discovered in a sealed oil drum with a crucifix branded on her chest, and the team have little to go on other than the name 'Belinda' stitched inside the hand-embroidered dress the child was wearing. Having taken over the case from DCI Doug James, Commander Blake needs a result and is desperate the find the sadistic killer. The youngster had been discovered at a derelict psychiatric hospital and the team begin their enquiry by questioning and cross-referencing statements from ex-employees and previous patients. They uncover three particularly suspicious names, and focus their energies on former inmate Eric Thornton. As the investigation gathers pace, they search the attic where the suspect used to live and uncover a shrine with candles, crucifixes and other quasi-religious iconography as well as evidence of drug abuse. However, Eric remains just out of their grasp and, as soon as they trace him to a new location, he slips away again. Will they find the killer before he strikes again?

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.50 Freesports on 4. 8.20 Triathlon. 8.50 T4: Popworld. (R) (T) 9.45 Hollyoaks. (T) 12.15 T4: Friends. (R) (T) 12.45 T4: Big Brother's Little Brother. (T) 1.50 T4: Big Brother's Diary Room Uncut. (T) 2.50 T4: Smallville. (T) 3.50 T4: The Simpsons. (T) 4.20 T4: The Simpsons. (T) 4.50 Supernanny. A family struggle to run a restaurant and look after their three children. (T) 5.45 Come Dine with Me. (R) 7.00 Channel 4 News. (T) 7.15 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the contents of mystery boxes. (T) 8.00 Big Brother: On the Couch. Davina McCall is joined by a team of experts to analyse the psychological effects of being in the most watched house in Britain. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 FILM: Cabin Fever (2003). Premiere. A group of students head for an isolated cabin for a break - but their holiday turns sour when they're struck down by a terrifying virus. Horror, starring Rider Strong. (T) 11.45 FILM: Urban Legend (1998). Horror, starring Alicia Witt. (T) 1.40 Premier League Poker. 2.40 Big Brother's Diary Room Uncut. 3.40 Big Brother Live. 4.55 Countdown. (R) (T) 5.40 The Making of Twelfth Night. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Mio Mao. (R) (T) 6.25 Franny's Feet. 6.40 Peppa Pig. (R) (T) 6.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.25 Mist: Sheepdog Tales. (R) (T) 7.40 Roary the Racing Car. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.05 Say It with Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 The Book of Pooh. (R) (T) 9.00 Funky Town. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fit and the Flowerbots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 How to Be a Property Developer. (R) (T) 11.00 The Hotel Inspector. (R) (T) 12.00 Hidden Treasure Houses. (R) (T) 12.35 five news update. (T) 12.45 FILM: Columbo: Lady in Waiting (1971). Crime drama, starring Peter Falk. (T) 2.15 FILM: Popeye (1980). Comic-strip musical, starring Robin Williams. (T) 4.05 FILM: Father Hood (1993). Action comedy, starring Patrick Swayze. (T) 5.55 five news and sport. (T) 6.15 Everybody Hates Chris. (T) 6.40 Everybody Hates Chris. (T) 7.05 Joey. An old friend visits. (T) 7.30 Joey. (T) 7.55 Amy Winehouse Video Exclusive. Forthcoming single Tears Dry on Their Own. 8.00 FILM: Driven (2001). A veteran racing driver makes a comeback to help an up-and-coming star who's struggling to cope with the pressures of fame. High-octane thriller, starring Sylvester Stallone. (T) 10.10 Vanished. (T) 11.10 Killer Instinct. (R) (T) 12.10 Arrest and Trial. (R) (T) 12.40 Major League Baseball. San Diego Padres v Atlanta Braves (Start-time 1.05am). 4.10 Kickboxing: Now Is the Time - Night of Combat. 5.00 Major League Soccer.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Art Attack. (R) (T) 9.45 Prove It! 10.10 Atomic Betty. (T) 10.35 Jim Jam & Sunny. (T) 10.40 Jim Jam & Sunny. (T) 10.50 Tour de France. The opening stage from London to Canterbury. (T) 11.50 ITV News and Weather. (T) 11.55 London Today: Weather. (T) 12.00 F1: British Grand Prix Live. Coverage of the race from Silverstone (Start-time 1.00pm). (T) 3.15 Tour de France. The opening stage from London to Canterbury. (T) 4.00 The Planet's Funniest Animals. 4.20 Dream Homes. (T)

5.20 The Unforgettable John Le Mesurier. Intimate profile of the much-loved actor. (T) (T)

6.00 The Way We Were. Nostalgic look at weddings. (T)

6.25 London Tonight; Weather. (T)

6.40 ITV News and Weather. (T)

7.00 Emmerdale. Rosemary laces Perdy's drink with malaria tablets, while Eli places Marlon in a dilemma by asking him to store stolen goods. A devious Eric reinstates Pearl at the factory. (T)

7.30 Coronation Street. Liam returns to find Carla in charge of the factory and is furious to discover Paul has left her his half of the company. Eileen tries to find out where she stands with Pat, only to be put out when she takes a phone call from a woman she presumes to be his wife. Leanne discovers the cost of big business when the restaurant heating packs up and Molly tells Tyrone it's time they found their own place to live. (T)

8.00 Heartbeat. Reverend Jacob Thwaite returns home to find his wife murdered, but while his alibi rouses Rachel's suspicions it's a local psychic convention that seems to have the answers. (T)

9.00 The Commander. New series. The preserved body of a girl is found in the basement of a mental hospital under demolition. Initial investigations point to two names of men with connections to an ex-employee. (T)

10.00 News Knight with Sir Trevor McDonald. (T) 10.30 ITV News and Weather; Weather. (T) 10.45 The South Bank Show. Melvyn Bragg visits Cawdor Castle to set the scene for a consideration of Shakespeare's Macbeth and how it echoes today's political power struggles and religious intolerance. (T)

11.55 F1: British Grand Prix Highlights. Action from today's race from Silverstone, where Fernando Alonso will hope to repeat his 2006 victory in the ninth round of the season. (T)

12.55 Motorsport UK. (T) 1.15 It's My Life. (R) (T) 2.15 FILM: Agnes Browne (1999). Drama, starring Angelica Huston; (T) ITV News Headlines. 3.45 The Jeremy Kyle Show. (R) (T) 4.40 ITV Nightscreen.

LOCAL

RTPI
0700 Brincar Bricar 0900 O Homen dos Leões 0930 Extreme Jobs 1000 Eucarista Dominical 1100 Criar um Urso Negro Bebê 1200 A Minha Sogra é uma Bruxa 1230 Contra-Infomação 1300 News 1415 Só Visto 1515 Prison Break 1600 1615 Rush Hour 2 1800 Greys Anatomy 2000 Mews 2200 Football: Portugal V Gambia 0200 Another Day in Paradise, film

RTP2
0645 Meteorology 0700 Euronews 0830 África@global 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra Ao Mar 1130 Consigo 1230 Olhar o Mundo 1300 Descobry Hour 1345 Vidas 1445 A Voz do Cidadão 1500 Sport 1900 A Revolta dos Pastéis de Nata 2000 Teen Titans 2030 Futurama 2100 Bombordo 2130 A Alma e a Gente 2210 News 2230 Diga lá Excelência 2315 Britcom 0000 Onda Curta, short films 0215 Desporto 0615 Euronews

SIC
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 Film TBA 1645 Film TBA 1900 CSI Las Vegas 2000 News 2115 Film TBA 2345 Hora H 0030 CSI Miami 0130 Film TBA 2345 Hora H 0030 CSI Miami 0130 Virgin Suicides, film 0330 O Bairro da Fonte

TVI
0645 Children's TV 0900 Disney Kids 1100 Uma Aventura Perigosa 1200 BBC Wild Life 1300 News 1345 Film TBA 1530 Film TBA 1830 Film TBA 1900 News

Best of the Rest

BBC3

7.00 T in the Park 2007 8.00 Last Man Standing 9.00 Little Britain 9.30 Touch Me, I'm Karen Taylor 10.00 T in the Park 2007 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Two Pints of Lager and a Packet of Crisps 12.30 Last Man Standing 1.25 Touch Me, I'm Karen Taylor 1.55 The Great British Booze Awards 2.55 Two Pints of Lager and a Packet of Crisps 3.25 Two Pints of Lager and a Packet of Crisps 3.55 Close

BBC4

7.00 Meetings with Remarkable Trees 7.10 Classic Britannia 8.10 Jerusalem: An Anthem for England 9.00 Women's Institute 10.00 Britain in Pictures 10.30 Crisis at the Castle 11.30 Women's Institute 12.30 Britain in Pictures 1.00 Crisis at the Castle 2.00 Classic Britannia 3.00 Women's Institute 4.00 Close

ITV2

2.50 Film: Police Academy II: Their First Assignment 15 (1985) 4.35 Coronation Street 7.00 America's Got Talent 8.30 America's Got Talent: Results 9.00 Katie & Peter: The Baby Diaries 10.00 Film: Manhunter 18 (1986) 12.20 Coronation Street 12.50 Katie & Peter: The Baby Diaries 1.50 Tranny & Susannah Undress 2.50 America's Got Talent 4.00 America's Got Talent: Results 4.30 Teleshopping 6.00 Close

Sky One

1.00 Star Trek: The Next Generation 2.00 Star Trek: The Next Generation 3.00 Futurama 3.10 A Town Called Eureka 5.00 Malcolm in the Middle 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Batman 15 (1989) 11.25 Road Wars 12.25 Vic Reeves Investigates Jack the Ripper 1.25 Deadwood 2.35 Road Wars 3.30 Inside Spontaneous Human Combustion 4.20 Star Trek: The Next Generation 5.10 Star Trek: Voyager

UKTV Gold
1.35 The Vicar of Dibley 2.30 The Vicar of Dibley 3.30 The Vicar of Dibley 4.20 The Vicar of Dibley 5.00 Planet Earth 6.00 The Blue Planet 7.00 The Vicar of Dibley 7.55 The Vicar of Dibley 8.55 Icons 9.00 Dalziel & Pascoe 11.20 Blackadder the Third 12.00 Blackadder the Third 12.40 Two Pints of Lager and a Packet of Crisps 1.20 Dalziel & Pascoe 3.30 Blackadder the Third 4.00 Planet Earth 4.50 The Blue Planet 5.35 Neighbours

TCM

1.15 Elvis on Tour PG (1972) 3.00 The Philadelphia Story U (1940) 5.05 Ben-Hur PG (1959) 9.00 Body Heat 15 (1981) 11.05 All the President's Men 15 (1976) 1.35 Angels with Dirty Faces PG (1938) 3.15 Teleshopping 3.35 Bonnie Scotland U (1935)

The Disney Channel

Kids' programmes from 7am

MOVIES

Sky Movies Drama

7.05 Going for Broke PG (2003) 8.40 A Good Woman PG (2004) 10.20 Evita PG (1996) 12.35 Medicine Man PG (1992) With Sean Connery. 2.25 Going for Broke PG (2003) With Delta Burke. 4.05 Drama Close Up 4.35 A Good Woman PG (2004) With Helen Hunt. 6.10 Medicine Man PG (1992) With Sean Connery. 8.00 Evita PG (1996) With Madonna. 10.20 The Tie That Binds 18 (1995) With Daryl Hannah. 12.05 A Cry in the Dark 15 (1988) With Meryl Streep. 2.10 A Good Woman PG (2004) With Helen Hunt. 3.50 Breaking the Surface: The Greg Louganis Story 12 (1997) 5.30 The End of Eden PG (1996)

Sky Movies Comedy

6.40 Meatballs 15 (1979) 8.30 She's Having a Baby 15 (1988) 10.30 The Air Up There PG (1994) 12.30 Picture Perfect PG (1997) With Jennifer Aniston. 2.25 He Said, She Said 15 (1991) With Kevin Bacon. 4.25 A Touch of Larceny U (1959) With James Mason. 6.10 The Air Up There PG (1994)

With Kevin Bacon. 8.00 Picture Perfect PG (1997) With Jennifer Aniston. 9.45 He Said, She Said 15 (1991) With Kevin Bacon. 11.45 She's Having a Baby 15 (1988) With Kevin Bacon. 1.35 Meatballs 15 (1979) With Bill Murray. 3.15 My Fellow Americans PG (1996) 5.00 A Touch of Larceny U (1959)

Sky Movies Action

6.20 Revolver 15 (2005) 8.30 Sahara 12 (2005) 10.40 The Saint 12 (1997) 12.50 Volcano 12 (1997) With Tommy Lee Jones. 2.50 Revolver 15 (2005) With Jason Statham. 5.00 Sahara 12 (2005) With Matthew McConaughey. 7.10 The Ipcress File 15 (1965) With Michael Caine. 9.00 Volcano 12 (1997) With Tommy Lee Jones. 10.50 Kiss the Girls 18 (1997) With Morgan Freeman. 12.50 Young and Forbidden 18 (2005) With Tom Stone. 2.20 Turbulence 2: Fear of Flying 15 (1999) With Tom Berenger. 4.15 The Ipcress File 15 (1965)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Super League 8.00 Copa America Football 10.00 Cricket Writers on TV 11.00 Copa America Football 1.00 Live European Tour Golf. The European Open. 6.00 Live Darts. The Las Vegas Classic. 11.00 WWE: Late Night - Afterburn 12.00 WWE: Heat 1.00 World Sport 1.30 Motor Racing 4.00 Close

Sky Sports 2

6.00 Masters Football 9.00 Premiership Years 11.00 Live Cricket. Lancashire v Yorkshire. 6.30 Copa America Football 8.30 Live Copa America Football. Coverage of the remaining two quarter-finals (Kick-offs 9.05pm and 11.50pm). 1.30 Moto Plus 2.00 Close

Sky Sports 3

6.00 Watersports World 7.00 International Rugby Union 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Wild Spirits 11.30 Racing News 12.00 Polo 1.00 Masters Football 4.00 Copa America Football 6.00 WWE: Experience 7.00 Wild Spirits 7.30 World Sport 8.00 Live Golf Night. The US

Senior Open. 12.00 Polo 1.00 Watersports World 2.00 Close

British Eurosport

7.30 Eurosport Buzz 8.00 World Touring Car Championship 8.15 GP2 Racing 9.00 Live GP2 Racing. The first GP2 race from Silverstone. 9.45 Live Cycling: Tour de France. Coverage of the opening stage of the tour. 4.00 Live World Touring Car Championship. The second race from Boavista. 5.15 Volleyball. 6.30 Live Volleyball. The European League Final Four. 8.30 Beach Volleyball 9.00 Cycling: Tour de France 9.45 Motorsports Weekend 10.15 Live International Football. Portugal Under-20s v Gambia Under-20s (Kick-off 10.15pm). 12.00 Beach Volleyball 12.30 Close

Sky Sports Xtra

6.00 Moto Plus 6.30 Motor Racing 7.00 Polo 8.00 International Cricket 10.00 Darts 2.00 Super League 3.30 Watersports World 4.30 World Motor Sport 7.00 Polo 8.00 Moto Plus 8.30 Live Motor Racing. The Watkins Glen International. 11.00 World Motor Sport 1.30 Golf Night 5.30 Close

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6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dorn. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Dennis the Menace. (R) (T) 3.50 Skunk! Ful (T) 4.05 Mortified. (T) 4.30 The Story of Tracy Beaker. (R) (T) 5.00 The Sorcerer's Apprentice. (T) 5.25 Newsround. (T)

5.35 Neighbours. Pepper's ex-boyfriend is arrested, but it seems the police may be questioning the wrong person. Boyd begs Janae for one last chance, while Abby confesses her deception to Toadie. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 Saving Planet Earth - Running Wild. Jon Culshaw, Kelli Young, Les Dennis, Michaela Strachan and Jeremy Edwards take part in the Tusk Safariom marathon in Lewa, Kenya, to raise money for the BBC Wildlife Fund. (T)

8.00 EastEnders. Bradley and Stacey's engagement becomes public, prompting Max to use all his underground skills to break them up. Stella insists a pub is not a suitable place to raise children and plans to move out after the wedding, but a furious Phil is adamant there will be no more kids anyway. Peggy launches a live music night at the Vic. (T)

8.30 Panorama. Re-examining previous investigations to reveal developments, including how John Sweeney gained unwanted fame following his confrontation with members of the Church of Scientology. (T)

9.00 Fight for Life. Six-part series exploring how the human body develops over time and deals with crises at each stage of life. The first episode examines one of the riskiest times of a person's life - the day of birth. In addition to showing how babies deal with the trauma, it reveals what happens when something goes wrong in the delivery room. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 The Tower. As the interior designers get to work on the Tower accommodation, local pub owners Doug and Brenda Elsiey face a financial crisis. Expectant mother Edith Corlis awaits the birth of her seventh child before she can leave the estate for her new house, while restaurateur Bambos Manoros enjoys the fruits of his success. Narrated by Serenity star Chwilew Eljofor. (T)

11.35 FILM: The Sting (1973). Oscar-winning comedy, starring Robert Redford and Paul Newman; (T) Weatherview.

1.35 Sign Zone: The Tower. (R) (T) 2.25 Sign Zone: How We Built Britain. (R) (T) 3.25 Sign Zone. Blackpool Medics: 10 Days in May. (R) (T) 3.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 Do Something Different; (T) Newsround. (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (R) (T) 8.30 CBeebies: 8.30 In the Night Garden; (T) CBeebies Birthdays. (T) 9.00 Mama Mirabelle's Home Movies. (R) (T) 9.15 Something Special. (R) (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Underground Ernie. (R) (T) 10.00 Lazy Town. (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 Wildlife on One. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (T) 1.30 Open Gardens. (R) (T) 2.00 Living in the Sun. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Nature's Calendar. (T) 7.00 Saving Planet Earth UK. New series. Highlights of last week's celebrity conservation drive. Continues tomorrow. (T) 7.30 Mastermind. New series. Subjects include Tottenham Hotspur FC. (T) 8.00 University Challenge. New series. The University of Lancaster take on the University of Nottingham. (T) 8.30 Indian Food Made Easy. New series. Anjum Anand prepares a selection of dishes. (T) 9.00 Peter and Dan Snow: 20th Century Battlefields. The Yom Kippur War. (T) 10.00 Have I Got Old News for You. Carol Vorderman guest hosts. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Balderdash & Piffle. (R) (T) 11.50 Talking Movies. (T) 12.15 FILM: Saltwater (1999). Comedy, starring Brendan Gleeson. (T) 1.45 BBC News 24. (T) 3.55 Close.

Pick of the Day

Fight for Life (BBC1, 9pm)

Whenever we're in danger, our instinct is to fight for life - but how far will the human body go to stay alive? Tuning into this new, six-part series should answer that question - while posing many more of its own. Each edition focuses on how we deal with various crises, from our earliest moments to old age. It features real-life testimony from those who've dealt with life-threatening problems, using computer-generated images to illustrate it. The opening edition deals with birth, and the heart-rending story of Gabriel who, at just two-hours old, is already facing death. After becoming distressed in the womb, he inhaled his own excretion and is now unable to breathe. However, staff at Great Ormond Street Hospital hope they can save him when he arrives for critical treatment. Meanwhile, 34-year-old Jwala's breach caesarean becomes an emergency as the medical team discover baby Amav's umbilical cord is tightly wrapped round his neck and he needs to be resuscitated. This series won't be easy viewing, but it will be compelling stuff featuring stories that are not only educational, but moving too.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.25 Big Brother's Little Brother. (R) (T) 8.25 Big Brother. (R) (T) 9.25 Will & Grace. (R) (T) 9.50 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.40 Science Scams. (R) 11.50 Water Stories. (R) 12.00 News at Noon. (T) 12.30 British Made. (R) 12.45 No Going Back: A New Life in France. (R) (T) 1.15 No Going Back: A New Life in France. (R) (T) 1.45 FILM: School for Scoundrels (1960). Comedy, starring Ian Carmichael. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: No Smoking Please. New series. The pros and cons of smoking. (T) 8.00 The War on Britain's Jews? Richard Littlejohn investigates the rise of anti-Semitism in Britain and explores how it has moved beyond the actions of the extreme right and people at the fringes of society. (T) 9.00 Empire's Children. Shobna Gulati discusses her parents' emigration from India to Oldham in England and travels to Mumbai where she learns how her grandfather benefited from the end of the Raj. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 Shrink Rap. (T) 12.10 The Iraq Commission. (T) 2.15 Big Brother Live. 4.25 KOTV. (T) 4.55 Red Bull Air Race. (R) (T) 5.40 The Making of Twelfth Night. (R) (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Little Lodgers. (T) 6.25 Franny's Feet. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Rupert Bear. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 The Beach Boys: An American Family. (T) 3.25 five news update. (T) 3.30 FILM: Perry Mason: The Case of the Defiant Daughter (1990). Courtroom drama, starring Raymond Burr. 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (T) 7.00 five news. (T) 7.15 Mean Machines of War. Major Gordon Corrigan examines the history of tanks, from their origins in World War One to a breakthrough in the material used as armour during the Cold War. (R) (T) 7.15 five news update. 8.00 Megastructures. New series. The Burj Al-Arab hotel; (T) 8.00 five news at 9. 9.00 My Brilliant Brain. New series. The origin of genius. (T) 10.00 Sex, Lies and Hypnosis. A past trauma threatens a couple's relationship. (T) 11.00 FILM: Porky's (1982). Bawdy comedy, starring Kim Cattrall. (T) 12.50 NASCAR. 1.40 US PGA Golf. 2.20 Seniors Golf. 3.10 ITU Triathlon. 4.00 Boxing USA. 4.50 Cricket on five. (R) 5.35 Motorsport Mundial.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinson's Celebrity Deals. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of Golden Balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Pearl grows convinced Eric is in love with her after joining him for dinner, while David and Jasmine struggle to find time alone. Emily decides to apply for a job at a playgroup. (T)

7.30 Coronation Street. Derek meets Liz from the bus station and whisks her off to the flat - unaware Linda is on her way over. Leanne hands out invites for the restaurant opening, while Sarah and Jason have big news for Gail. (T)

8.00 Teen Party Hall; Tonight. (T)

8.30 Coronation Street. Derek tells Linda he's hiding a present from her so she can't come into the flat, then takes his wife away so Liz can make her escape. Carla interviews Rosie for the job of personal assistant. (T)

9.00 The Time of Your Life. Kate decide to move in with Dexter against Amanda's wishes and is confronted by Brian's father at her housewarming party. Sally makes a connection with a man at an Alcoholics Anonymous meeting, while Eileen and Toby's relationship hits the rocks when he offers their spare room to a homeless man without asking her. Genevieve O'Reilly stars, with Augustus Prev and Olivia Colman. (T)

10.00 Tycoon. Peter Jones needs to go away on business, so appoints one of the five remaining tycoons as his deputy to keep things ticking over - and it isn't long before the sparks are flying. Meanwhile, Iain strips off for the Press. Justin approaches a leading supermarket about stocking his carrier-bag holder and Elizabeth has a big problem - having finally decided on a name for her vodka drink, the bottles arrive with the wrong labels. Postponed from June 3. (T)

10.30 ITV News; Weather. (T)

11.00 FILM: Escape from New York (1981). Sci-fi action adventure, starring Kurt Russell. (T)

12.50 Make Your Play: ITV News Headlines. 4.10 The Jules and Lulu Show. (R) (T) 4.35 The Jules and Lulu Show. (R) (T) 5.00 ITV Nightscreen. (T)

LOCAL

RTP1

0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Los Ricos Tambien Lloran
1530 O Pátio das Cantigas, film 1715 Lingo 1800 Portugal em Directo 1915 O Preço Certo 1955 Direito de Antena 2000 News 2100 Notas Solitas 2130 Um Contra Todos 0145 Girl Interrupted, film

RTP2

0730 Zig Zag, cartoons
1330 The OC 1545 Fire Within 1645 A Minha Família e os Outros
Animais 1800 Pica 1830 A Fé dos Homens 1945 Zig Zag 2015 Pica 2045 Sim Amor 2115 A Alma e gente 2145 A Hora da Sorte 2200 News 2230 Perto de Casa 2300 Mundos

SIC

0645 Sic Kids 0230 Filiribella 1000 Fátima 1300 News 1415 O Profeta 1515 Contacto 1715 Filiribella 1915 Pé Na Jaca 2000 News 2115 Páginas da Vida 2315 Jura 0115 US Seals 2, film 0300 Bang Bang 0345 Olhar de Serpente

TVI

0700 Diário da Manhã 1000 Você na TV 1300 News 1400 Tu e Eu 1515 Doce Fugitiva 1630 Quem Quer Ganhar 1745 Morangos com Açúcar 2000 News 2215 Tempo de Viver 0015 Another Meltdown, film

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Best of the Rest

BBC3

7.00 Freaky Eaters 8.00 Doctor Who 9.00 Honey We're Killing the Kids 10.00 EastEnders 10.30 Touch Me, I'm Karen Taylor 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Freaky Eaters 12.55 Touch Me, I'm Karen Taylor 1.25 Two Pints of Lager and a Packet of Crisps 1.55 Two Pints of Lager and a Packet of Crisps 2.25 Honey We're Killing the Kids 3.20 Make Me a Baby 4.20 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Masterpieces of the East 8.00 The Cult Of 8.30 The Sky at Night 9.00 Women's Institute 10.00 Life on Mars 11.00 The Cult Of 11.30 Masterpieces of the East 12.00 Office Tigers 12.30 Indian School 1.00 Women's Institute 2.00 Tired and Emotional 3.00 Women's Institute 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.30 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Supermodels: Gone Bad 8.30 Breaking Up with Shannen Doherty 9.00 Film: Forever Young PG (1992) 11.00 Coronation Street 11.30 Coronation Street 12.00 Film: 40 Days and 40 Nights 15 (2002) 1.55 Make

Your Play: ITV Play 4.00

Teleshopping 6.00 Close

Sky One

1.00 Cold Case 2.00 24 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: In The Spider's Web (2006) 10.40 Nip/Tuck 11.40 Las Vegas 12.40 Star Trek: Voyager 1.40 Time Gentlemen Please 2.40 Ibiza Uncovered 3.30 Hex 4.20 Guilty! 5.10 Star Trek: Voyager

UKTV Gold

1.00 Last of the Summer Wine 1.40 The Good Life 2.20 The Vicar of Dibley 3.00 Open All Hours 3.40 Porridge 4.20 The Thin Blue Line 5.00 Dollars 6.00 Only Fools and Horses 7.15 The Vicar of Dibley 8.10 The Vicar of Dibley 9.00 New Adventures of Old Christine 9.30 New Adventures of Old Christine 10.00 Prison Break 11.00 Prison Break 12.00 The Thin Blue Line 1.15 Open All Hours 1.55 Porridge 2.25 Friday Night with Jonathan Ross 3.25 Dallas 4.15 Marseybeat 5.15 Neighbours 5.35 Neighbours

TCM

3.00 The Prisoner of Zenda U (1952) 4.50 The Big Sleep PG (1946) 6.55 The Wings of Eagles U (1957) 9.00 Diner 15 (1982) 11.15 Torpedo Run U (1958) 1.05 Brass Target PG (1978) 2.55 Teleshopping 3.15 Sunday in New York U (1963)

The Disney Channel

Kids' programmes from 7am

MOVIES

Sky Movies Drama

7.05 Role of a Lifetime PG (2001) 8.50 The Wool Cap PG (2003) 10.25 The War PG (1994) 12.35 A Child's Cry for Help PG (1994) With Veronica Hamel. 2.15 Role of a Lifetime PG (2001) With Scott Bakula. 4.10 The Wool Cap PG (2003) With William H Macy. 5.50 The War PG (1994) With Kevin Costner. 8.00 Brokeback Mountain 15 (2005) With Heath Ledger. 10.20 Jarhead 15 (2005) With Jake Gyllenhaal. 12.25 The Robber Bride PG (2007) With Mary-Louise Parker. 2.00 An American Affair 15 (1997) With Corbin Bernsen. 3.45 Daydream Believers: The Monkees Story 15 (2000) 5.20 A Child's Cry for Help PG (1994)

Sky Movies Comedy

6.35 The Marrying Man 15 (1991) 8.35 The Wedding Singer PG (1998) 10.20 The Brady Bunch in the White House 12 (2002) 11.55 The Break-Up 15 (2006) With Jennifer Aniston. 1.55 Two Much PG (1996) With Antonio Banderas. 3.55 Bad News Bears 12 (2005) With Billy Bob Thornton. 5.50 The Brady Bunch in the White House 12 (2002) With Shelley Long. 7.30 Family Close Up 8.00 The Wedding Singer PG (1998) With Adam Sandler. 9.40 The Break-Up 15 (2006) With Jennifer Aniston. 11.30 Bad News Bears 12 (2005) With Billy Bob Thornton. 1.25 Roseanna's Grave 12 (1997)

With Jean Reno. 3.05 The Marrying Man 15 (1991) 5.05 Two Much PG (1996)

Sky Movies Action

6.15 In the Line of Duty: Siege at Marion PG (1992) 8.00 Swindle 15 (2002) 9.50 Homeland Security 15 (2004) 11.35 Broken Arrow 15 (1996) With John Travolta. 1.35 Swindle 15 (2002) With Tom Sizemore. 3.25 Total Stranger 15 (1999) With Lindsay Crouse. 5.15 Homeland Security 15 (2004) With Scott Glenn. 7.00 Broken Arrow 15 (1996) With John Travolta. 9.00 Kiss Kiss Bang Bang 15 (2005) With Robert Downey Jr. 10.45 Green Street 18 (2004) With Elijah Wood. 12.40 Bulletproof 18 (1996) With Adam Sandler. 2.10 The Passion of Darkly Noon 18 (1995) With Brendan Fraser. 3.55 In the Line of Duty: Siege at Marion PG (1992) 5.45 Action & Thriller Close Up

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast in

stereo;

(bw) - black and white.

Sky Sports 1

6.00 Polo 7.00 WWE: Bottom Line 8.00 Darts 11.00 Live Cricket. Lancashire v Yorkshire. 6.30 Ocean 7.00 Wild Spirits 7.30 Live Speedway. Belle Vue Aces v Swindon Robins. 9.30 Copa America Football 11.30 Speedway 1.30 Copa America Football 3.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 Copa America Football 10.00 Motor Racing 12.30 Rally World 1.00 Darts 4.00 Copa America Football 6.00 Darts 8.00 America's Cup Sailing 10.00 World Motor Sport 12.30 America's Cup Sailing 1.30 Equestrian 2.00 Close

Sky Sports 3

8.00 Golf Night 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Copa America Football 2.00 Ocean 2.30 Motor Racing 5.00 WWE: Raw 7.00 Live Winning Post. Coverage from Windsor, Roscomon and Ripon.

8.00 Equestrian 9.30 Wild Spirits 10.00 WWE: Late Night - Bottom Line 1.11.00 WWE: Late Night - Afterburn 1.2.00 Extreme

Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 World Touring Car Championship 9.00 euroCRASH! 9.15 Cycling: Tour de France 10.00 Volleyball 11.00 Volleyball 12.00 Live Cycling: Tour de France. A look ahead to this afternoon's second stage. 12.15 Cycling: Tour de France 1.15 Live Cycling: Tour de France. Coverage of the second stage. 5.00 Cycling 5.30 WATTS 6.00 International Football 7.00 Kickboxing 9.00 Cycling: Tour de France 10.00 Fight Night UK 11.00 Eurosport Buzz 11.30 Cycling: Tour de France 12.30 Close

Sky Sports Xtra

12.00 Golf Night 3.00 Polo 4.00 Equestrian 4.30 Golf Night 7.30 Sailing 8.00 Cricket 10.00 Bass Fishing 11.00 Sailing 11.30 Wild Spirits 12.00 Equestrian 12.30 Cricket 2.30 Ocean 3.00 Live Spirits 3.30 Sailing 4.00 Close



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6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News: Weather; Regional News. (T) 3.25 CBBC: Dennis the Menace. (R) (T) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.30 Roman Mysteries. (T) 5.00 The Sorcerer's Apprentice. (T) 5.25 Newsround. (T)

5.35 Neighbours. Terrence continues to manipulate Sky and suggests Harold take her to see Charlotte, whose dastardly scheme is gathering pace. Oliver tells Carmella about the plot to make Paul see the error of his ways, while Toadie and Steph's first date gets off to a bad start. (R) (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)

7.00 The ONE Show. (T)
7.30 EastEnders. Phil's stag do descends into mayhem as a real live sheep and a stripper arrive simultaneously, while Stella's attempt to join the girls' conversation at the hen night leaves her humiliated. Mickey watches helplessly as Li packs her bags and Shirley has an unexpected overnight guest. (T)

8.00 Holby City. Elliot is stunned to learn Thandie has filed a complaint against him for racial discrimination, but is soon distracted from the matter when his distressed son visits the hospital. Meanwhile, the new chief executive officer clashes with Abra, while Clifford is forced to lie to his brother after a revelation from his sister-in-law. Medical drama, starring Paul Bradley and Ginny Holder. (T)

9.00 Tagging Undercover: A Panorama Special. Paul Kenyon examines the Government's claims that tagging criminals rather than placing them in custody helps to reduce reoffending and takes pressure off the UK's congested prison systems. He also attempts to discover why Britain tags around twice as many people as the rest of Europe combined. (T)

10.00 BBC News at Ten O'Clock. (T)
10.30 Regional News: Weather. (T)
10.35 FILM: Open Range (2003). Premiere. Acclaimed Western, starring Kevin Costner; (T) Weatherwise.

12.50 Sign Zone: See Hear. (R) (T) 1.20 Sign Zone: True Dare Kiss. (R) (T) 2.20 Sign Zone: Million Dollar Pigeon. (R) (T) 3.20 Sign Zone: Natural World. (R) (T) 4.10 Sign Zone: Blackpool Medics: 10 Days in May. (R) (T) 4.40 BBC News 24. (T)

LOCAL

RTP1

0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Los Ricos Tambien Lloran
1505 Choque Terapy, film
1715 Lingo 1800 Portugal em Directo 2135 News 0200 Devine Secrets of the Ya-Ya Sisterhood, film

RTP2

0730 Zig Zag, cartoons
1400 Sociedade Civil
1530 Portugal Um Retrato Ambiental 1600 Entre Nós 1630 Euronews 1700 Mundos Futuantes 1730 Discovery Hour 1830 A Fé dos Homens 1900 2010 1945 Zig Zag 2045 yes Dear 2115 Discovery Hour 2200 News 2230 Without a Trace 2330 Por Outro Lado

SIC

0645 Sic Kids
0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Film TBA
1530 Contacto 1715 Floribela 1900 Sinhá Moca 2000 News 2115 Floribela 2215 Cobras & lagartos 2215 Jura I 0015 Desperate Housewives

TVI

0700 Diário Da Manha
1000 Você na TV 1300 News 1400 Film TBA
1600 Film TBA 1800 Morangos com Açúcar 2000 News 2115 Morangos com Açúcar 2200 Tempo de Viver 2315 Fala-me de Amor 0145 Death Becomes Her, film

Best of the Rest

BBC3

7.00 The Real Hustle Special 8.00 The 34-Stone Teenager: Six Months On
9.00 Last Man Standing
10.00 EastEnders 10.30 Family Guy 10.50 Family Guy 11.15 Last Man Standing 12.15 The 34-Stone Teenager: Six Months On 1.10 Drunk and Disorderlies 2.10 The Real Hustle Special 3.05 Honey We're Killing the Kids 4.05 Close

BBC4

7.00 World News Today
7.00 Weather 7.30 Mapping Everest 8.00 Everest ER 9.00 Everest: Farther Than the Eye Can See 10.00 Film: Le Diner de Cons 15 (1998) 11.20 Everest ER 12.20 How to Be Ex-Priest Minister 1.20 The Worst Job in British Politics? The Leader of the Opposition 2.20 Mapping Everest 2.50 Everest ER 3.50 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Neighbours from Hell 9.00 Film: 40 Days and 40 Nights 15 (2002) 10.55 Big Day 11.25 Film: Election 15 (1999) 1.25 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.00 Cold Case 2.00 24
3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00

Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Brainiac: Science Abuse 9.00 The 4400 10.00 The 4400 11.00 Nip/Tuck 12.00 Las Vegas 1.00 Time Gentlemen Please 1.25 Time Gentlemen Please 1.50 Hex 2.40 Ibiza Uncovered 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer Wine 1.40 The Good Life 2.20 The Vicar of Dibley 3.00 Open All Hours 3.40 Porridge 4.20 The Thin Blue Line 5.00 Dallas 6.00 Murder, She Wrote 7.00 Jim'll Fix It Strikes Again 7.25 The Vicar of Dibley 8.05 The Vicar of Dibley 9.00 New Tricks 10.15 Jonathan Creek 11.35 The Thin Blue Line 12.15 Open All Hours 12.55 Porridge 1.35 Dallas 2.25 Friday Night with Jonathan Ross 3.25 The Bill 4.15 Merseybeat 5.10 Neighbours 5.35

TCM

1.30 Lili U (1953) 3.00 Quo Vadis PG (1951) 6.05 The Four Horsemen of the Apocalypse PG (1961) 9.00 Lethal Weapon 2 18 (1989) 10.55 The Haunting 15 (1963) 12.50 Home from the Hill PG (1960) 3.30 Teleshopping 3.45 The Girl from Missouri PG (1934) The Disney Channel Kids' programmes from 7am, except:

Pick of the Day

James May's 20th Century (BBC2, 8pm)

To fans of Top Gear, he will always be Captain Slow, while anyone who caught his series with wine buff Oz Clarke might have dubbed him Captain Slurp, but affable presenter James May is back - regardless of nicknames. In this new six-part series (which bears no resemblance to his TG colleague Jeremy Clarkson's inventions That Changed the World - honest), he examines the innovations and gadgets which made life in the last century just that bit more bearable. In the opener, the first of a double-bill, he examines how planes, cars, televisions and computers created a sense that the world was getting smaller, and becoming more intimate. But this isn't one of those series in which the presenter merely stands in front of the camera and chatters. May gets out and about too, first of all in the plane that gave rise to the European mini-break, then he gets to relive his youth with a jaunt in what he considers to be a classic family car (there had to be one in here somewhere), the Ford Cortina, before having his bones shaken in a Model T Ford. Amazingly, the experience leaves the floppy-haired one wondering how motoring ever took off.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 Do Something Different. (T) 8.00 The Sorcerer's Apprentice Extra. (T) 8.30 CBeebies: 8.30 In the Night Garden; (T) CBeebies Birthdays. (T) 9.00 Mama Mirabelle's Home Movies. (R) (T) 9.15 Something Special. (R) (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Underground Ernie. (R) (T) 10.00 Lazy Town. (R) (T) 10.30 Nero Wolfe Mysteries. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (T) 1.30 Open Gardens. (R) (T) 2.00 Living in the Sun. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Nature's Calendar. (T) 7.00 Saving Planet Earth UK. Tom Conti searches for a sea eagle. Continues tomorrow. (T) 7.30 Wild Provence. The wildlife of the French region. (R) (T) 8.00 James May's 20th Century. New series. Innovations that have changed people's lives. (T) 8.30 James May's 20th Century. The legacy of the space race. (T) 9.00 Paris. Movements which have defined the city. Last in series. (T) 10.00 Sensitive Skin. Davina meets a new man. (T) 10.30 Newsnight; Weather. (T) 11.20 The Great Granny Chart Invasion: Power to the People. (R) (T) 12.20 Proof. (T) 1.15 Proof. (T) 2.05 BBC News 24. 4.40 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 9.55 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 Designers Under Pressure. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Farewell, Darcey Bussell. (R) (T) 12.35 How Clean Is Your House? (R) (T) 1.05 No Going Back: A New Life in France. (R) (T) 1.35 FILM: Fathom (1967). Espionage comedy, starring Raquel Welch. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: No Smoking Please. An Iraqi man who sought a new life in London. (T) 8.00 Three Fat Brides, One Thin Dress. A soldier's bride-to-be loses weight for her wedding. Last in series. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Cape Wrath. New drama series, starring David Morrissey and Lucy Cohu as a couple who move with their two teenage children to a seemingly idyllic suburban area as part of a protective custody scheme. (T) 11.40 Star Stories. (R) (T) 12.10 The Iraq Commission. (T) 2.10 Premier League Poker. (R) 3.10 Big Brother Live. 4.20 The A-Z of Boxing. (T) 5.15 FIA World Touring Car Championship. 5.40 Inside the Ocean Race. (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Little Lodgers. (T) 6.25 Franny's Feet. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Rupert Bear. (R) (T) 7.40 Mio Mao. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Eric Carle Stories. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Home. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 The Beach Boys: An American Family. (T) 3.25 five news update. (T) 3.30 FILM: Range of Motion (2000). Drama, starring Rebecca De Mornay. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (T) 7.00 five news. (T) 7.15 Hidden Treasure Houses. Scamptown Hall near Malton, North Yorkshire. (R) (T) 7.15 five news update. 8.00 Egypt's Lost Tomb: Revealed. An ancient Egyptian tomb discovered in 2005; (T) 8.00 five news at 9.00 CSI: Miami. An heiress is found dead at a party. (R) (T) 10.00 CSI: Miami. A witness jeopardises any chance of securing a conviction in the Mal Noche gang trial by helping to engineer the escape of the defendant - who then orders Horatio's death; (R) (T) five news update. 11.00 CSI: Miami. (R) (T) 12.00 Law & Order: Criminal Intent. (R) (T) 1.00 Major League Baseball. The All-Star Game. 4.25 Cricket on five. (R) 5.10 Ironman Triathlon.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinson's Celebrity Deals. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Emily faces Sam's fury after telling Ashley about his plan to mark the anniversary of Alice's death and her turmoil is compounded after she makes an unwelcome pass at the vicar. Pearl tells Betty and Edna she has feelings for Eric, and Terry is pleased when Duke's friend Andrea arrives in the village. (T)

7.30 Waterworld. Timothy West examines an unusual craft - a floating tribute to Freddie Mercury, painted with his pictures and lyrics. The pupils of Tardebigge School at Bromsgrove experience life as canal children 200 years ago and there's a look at a retired working boat that now takes tourists through central London. (T)

8.00 No Place Like Home? Catherine Gee comes to the aid of Yorkshire-born and bred Cathy Walsley, who persuaded her husband Mick to emigrate to New Zealand in search of new experiences. Seventeen years later, and now with five children, they revisit the north of England to assess the possibility of resuming their lives back in the UK. Last in series. (T)

9.00 Blue Murder. Janine investigates when a man recently released from prison is found strangled with a dog chain. It appears to be an open-and-shut case when Vinny McAteer admits killing his son-in-law, but the detective, harassed by the arrival of new boss Det Supt Louise Hogg, soon finds all the dead man's in-laws are queuing up to confess individually to the crime. Tom Bell guest stars. (R) (T)

10.30 ITV News; Weather. (T)
11.00 Police, Camera, Action! Alastair Stewart presents another selection of real-life car chases, crashes and near-misses captured on police surveillance cameras. (R) (T)

11.35 Crimefighters UK. Police in Barrow-in-Furness experience match-day mayhem as England meet Turkey in a crucial qualifier, while things get out of control in Dundee when the nightclub closes. (R) (T)

12.00 Make Your Play; ITV News Headlines.
4.10 Wedding Day. (R) (T) 4.30 Wedding Day. (R) (T) 5.00 ITV Nightscreen.

MOVIES

Sky Movies Drama

6.55 A Time to Decide PG (2000) 8.40 Little Man Tate PG (1991) 10.40 What Love Sees PG (1996) 12.30 Family Blessings PG (1999) With Lynda Carter. 2.10 A Time to Decide PG (2000) With Patty Duke. 4.00 What Love Sees PG (1996) With Richard Thomas. 5.40 Drama Close Up 6.10 Little Man Tate PG (1991) With Jodie Foster. 8.00 Cinderella Man 12 (2005) With Russell Crowe. 10.30 Separate Lies 15 (2005) With Emily Watson. 12.00 Passion of Mind 12 (2000) With Demi Moore. 1.55 Around the Bend 15 (2004) With Michael Caine. 3.25 Lured Innocence 15 (1999) 5.05 Family Blessings PG (1999)

Sky Movies Comedy

7.05 Max Rules: Adventures of a Superspy U (2005) 8.35 The Producers 12 (2005) 10.50 Without a Paddle 12 (2004) 12.30 The Ringer 12 (2005) With Johnny Knoxville. 2.10 The Producers 12 (2005) With Nathan Lane. 4.25 'Til There Was You PG (1997) With Jeanne Tripplehorn. 6.20 Scenes from

a Mall 15 (1990) With Woody Allen. 8.00 Without a Paddle 12 (2004) With Seth Green. 10.00 The Ringer 12 (2005) With Johnny Knoxville. 11.40 It's All Gone Pete Tong 15 (2004) With Paul Kaye. 1.15 Scenes from a Mall 15 (1990) With Woody Allen. 2.50 'Til There Was You PG (1997) With Jeanne Tripplehorn. 4.50 Max Rules: Adventures of a Superspy U (2005)

Sky Movies Action

6.15 Frozen Impact PG (2002) 8.05 The Haunting of Helen Walker 15 (1995) 9.50 Seduced By a Thief PG (2001) 11.40 Inside Man 15 (2006) With Denzel Washington. 1.55 Attack Force Z 15 (1981) With John Phillip Law. 3.40 The Haunting of Helen Walker 15 (1995) With Valerie Bertinelli. 5.15 Seduced By a Thief PG (2001) With Sean Young. 6.55 Attack Force Z 15 (1981) With John Phillip Law. 8.30 Action & Thriller Close Up 9.00 Inside Man 15 (2006) With Denzel Washington. 11.10 Basic Instinct 2 18 (2006) With Sharon Stone. 1.10 Erotic Retreat 18 (2005) With Beverly Lynne. 2.40 Running Cool 18 (1993) With Andrew Divoff. 4.35 Frozen Impact PG (2002)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Bass Fishing 7.00 WWE: Afterburn 8.00 Speedway 10.00 America's Cup Sailing 11.00 Live Cricket. Lancashire vs Yorkshire. 6.30 Motor Racing 7.00 Foot Brazil 7.30 Live Greyhound Racing. The Gymcrack Puppy Championship. 10.00 Foot Brazil 10.30 Ladies European Tour Golf 11.30 Golf Special 1.00 Foot Brazil 1.30 Live Copa America Football. Coverage of the first semi-final (Kick-off 1.50am). 3.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 America's Cup Sailing 9.00 Ocean 9.30 Wild Spirits 10.00 World Motor Sport 12.30. Speedway 2.30 World Motor Sport 5.00 Powerboating 6.00 Rally World 6.30 Ocean 7.00 Ladies European Tour Golf 8.00 Golf Special 9.30 Ocean 10.00 Poker 11.30 Wild Spirits 12.00 Equestrian 12.30 Powerboating 1.30 Golf Special 3.00 Close

Sky Sports 3

8.30 Equestrian 9.00 Cricket 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Bass Fishing 1.00 America's Cup Sailing 2.00 Ocean 2.30

Equestrian 3.00 Bass Fishing 4.00 Equestrian 4.30 Wild Spirits 5.00 WWE: Smackdown 7.00 Sports Unlimited 8.00 World Pool Masters 9.00 Equestrian 9.30 Karting 10.00 Sports Unlimited 11.00 World Pool Masters 12.00 Women's Pool 1.00 Ladies European Tour 2.00 Karting 2.30 Close

British Eurosport

7.30 Eurosport Buzz 8.00 WATTS 8.30 MotoGP 9.00 Cycling: Tour de France 10.00 Motorsports Weekend 10.30 Live Cycling: Tour de France. A look ahead to the third stage. 10.45 Athletics 11.45 Cycling: Tour de France 1.15 Live Cycling: Tour de France. Coverage of the third stage. 5.00 Cycling 5.30 Strongest Man 6.00 Athletics 6.30 Live Athletics. The IAAF Super Grand Prix in Lausanne. 9.30 Cycling: Tour de France 10.30 World Touring Car Championship 11.00 Champ Car 12.00 MotoGP 12.30 Close

Sky Sports Xtra

4.00 Ocean 4.30 Max Power 5.30 Karting 6.00 Equestrian 6.30 Powerboating 7.30 Sailing 8.00 Cricket 10.00 Women's Pool 11.00 Sailing 11.30 Motor Racing 12.00 Max Power 1.00 Cricket 3.00 Ocean 3.30 Motor Racing 4.00 World Pool Masters 5.00 Sailing



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See page 21

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Dennis the Menace. (R) (T) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.30 Raven. (R) (T) 5.00 The Sorcerer's Apprentice. (T) 5.25 Newsround. (T)

5.35 Neighbours. Tom gives Susan a stark warning after they clash over his teaching style, while Harold's scepticism about Terence subsides. Rosetta's feelings for Frazer intensify. (R) (T) BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 Open All Hours. Granville changes his image with the help of some trendy clothes, while Arkwright decides to increase his profits by advertising. (R) (T)

8.00 The National Lottery Jet Set 2012. Eamonn Holmes hosts an Olympic-themed series of the quiz in which hopeful contestants battle it out for the chance to win a luxury round-the-world trip. Includes the Dream Number draw from Lottery HQ. (T)

8.30 Vet Safari. The family celebrate Phoebe's second birthday on the Namibia coast, where they are on a special assignment. Emma's veterinary skills are tested when she has to sedate lion cubs and operate on a cheetah with a broken leg, while Shaun tracks a brown hyena as part of an important environmental project. (T)

9.00 Who Do You Think You Are? Adoption Special. One-off edition launching the BBC's Family Wanted Campaign. TV and radio presenter Nikki Campbell learns more about his adoptive parents, including his father's service with the Indian Army during World War Two and visits Brisbane in Australia, where he uncovers shocking revelations from his grandfather's childhood. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 The National Lottery Draws. Jenni Falconer announces the all-important numbers. (T)

10.40 How Young Can I Get? Nicky Taylor investigates experimental, radical and cutting-edge medical treatments designed to roll back the years and promote an image of youth and health. The procedures she examines include non-surgical face-lifts, cupping, seaweed wraps, hormone injections, Botox, collagen implants, apple-only diets and coffee enemas; (T) National Lottery Update.

11.40 FILM: Hideous Kinky (1998). Drama, starring Kate Winslet. (T) Weatherwise.

12.00 Sign Zone: Coast. (R) (T) 2.20 Sign Zone: Mary, Queen of Shops. (R) (T) 3.20 Sign Zone: Blackpool Medics: 10 Days in May. (R) (T) 3.50 Sign Zone: Blackpool Medics: 10 Days in May. (R) (T) 4.20 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 Do Something Different. (T) 8.00 The Sorcerer's Apprentice Extra. (T) 8.30 CBeebies: 8.30 In the Night Garden; (T) CBeebies Birthdays. (T) 9.00 Mama Mirabelle's Home Movies. (R) (T) 9.15 Something Special. (R) (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Underground Ernie. (R) (T) 10.00 Lazy Town. (R) (T) 10.30 Britain's Best Buildings. (R) (T) 11.30 The Daily Politics. (T) 1.00 Animal Park. (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook! (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Nature's Calendar. (T) 7.00 Saving Planet Earth UK. Highlights of last week's celebrity conservation drive. Continues tomorrow. (T) 7.30 Johnny Kingdom - A Year on Exmoor. Johnny's pet deer nears the end of its life. Last in series. (R) (T) 8.00 The Alastair Campbell Diaries. New series. Extracts from the former media chief's diaries. Continues tomorrow. (T) 9.00 Rome. Servilia's confrontation with Atia ends in tragedy. (T) 10.00 Never Mind the Buzzcocks. Jamelia and Lily Allen guest. (R) (T) 10.30 Newsnight; (T) Weather. 11.20 Marcus Brigstocke's Trophy People: BBC Four on BBC Two. (T) 11.50 Marcus Brigstocke's Trophy People: BBC Four on BBC Two. (T) 12.20 Proof. (T) 1.10 Proof. (T) 2.05 BBC News 24. (T) 4.20 Close. (T)

Pick of the Day

The Alastair Campbell Diaries (BBC2, 8pm)

Now Tony Blair has stepped down as Prime Minister, the programmes analysing his premiership can begin in earnest - and few people can claim to have a better inside knowledge of what went on at Number 10 than Alastair Campbell. The former Downing Street media chief has frequently been criticised for being responsible for the Government's obsession with spin; now this new series gives us a chance to discover what really went on behind the scenes as he reads extracts from his controversial diaries. The opening episode takes us back to the very beginning, as Campbell gives us his take on the creation of New Labour and Blair's rise to power. He also reveals how he dealt with conflicts with one of the other men often credited for creating the party's new direction: Peter Mandelson. Campbell discusses how he handled some of the first scandals to hit the Labour leader, including the decision about where to send his son to school and rumours about Robin Cook's love life. However, as future episodes will no doubt reveal, Campbell's skills would soon be tested even further as bigger problems hit the Government.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 9.55 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 Designers Under Pressure. (R) (T) 12.00 News at Noon. (T) 12.30 Science Scams. (R) (T) 12.45 No Going Back: A New Life in France. (R) (T) 1.15 Channel 4 Racing from Newmarket. The 3.10 UAE Equestrian and Racing Federation Falmouth Stakes (1m). (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: No Smoking Please. How a London cafe might be affected by the smoking ban. (T) 8.00 Location, Location, Location. Two couples house-hunt in Hastings. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Brothers & Sisters. Kitty arranges a double date with Jonathan and Warren, while Nora's attempt to get on with her life lead to an eventful evening with a younger man. Treat Williams guest stars. (T) 11.05 Will & Grace. (T) 11.35 Hard-Fi: Video Exclusive. (T) 11.40 Sugar Rush. (R) (T) 12.10 The Iraq Commission. (T) 2.10 Hard-Fi: Video Exclusive. (R) (T) 2.15 Festival Postcards: Latitude. 2.30 The Friday Night Project. (R) (T) 3.30 Big Brother Live. 5.00 The Insider. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Little Lodgers. (T) 6.25 Franny's Feet. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Ruddy Bear. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 FILM: Serving in Silence: The Margarethe Cammermeyer Story (1995). Fact-based drama, starring Glenn Close; (T) five news update. 3.30 FILM: Hart to Hart: Harts in High Season (1996). Mystery, starring Robert Wagner and Stefanie Powers. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (T) 7.00 five news. (T) 7.15 Game Ranger Diaries. The park hosts an annual marathon, with the rangers working hard to ensure the safety of both the 700 runners and the animals; (R) (T) 7.15 five news update. (T) 8.00 Diet Doctors: Inside and Out. Nutritional experts dispense advice; (R) (T) 8.00 five news at 9. 9.00 FILM: Collateral Damage (2002). A heroic firefighter is plunged into the world of international terrorism when his wife and child are killed in a horrific attack. Action thriller, starring Arnold Schwarzenegger. (T) 11.10 Disorderly Conduct. (T) 12.10 Poker Den: The Big Game. 1.45 Race and Rally UK. 2.05 Boxing Classics. (R) 3.00 Cricket on five. (R)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinson's Celebrity Deals. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Paul and Sam rush to the lake in search of Emily, concerned that she will try to commit suicide again in the wake of her attempt to kiss Ashley. Duke's unpleasant remarks embarrass Terry as he tries to teach Andrea how to play cricket, while Eli stirs up trouble for Donna and Marlon. (T)

7.30 Coronation Street. Linda confides in Liz, telling her that Derek is leaving her for another woman - so the guilty landlady tells her friend she was the other woman but the affair is now over. The Websters celebrate Sally's birthday karaoke-style, while Rosie prepares for her first day as Carla's PA, and Molly decides it's about time people knew she and Tyrone have become full-time carers for Jack and Vera. (T)

8.00 The Bill. Part two of two. Fired up by the attack on her husband and the murder of Billy Rowan, Nikki is determined to nail the killer. However, the identity parade proves a disappointment when she fails to pick out Greg Farnham and has to watch as he is set free to pursue his vendetta against the police. Undeterred, Nikki trails him to a friend's house, where she learns he is in an agitated state of mind - and armed. (T)

9.00 Wire in the Blood. New series. An 11-year-old is snatched from a troubled housing estate, presenting a fresh challenge for clinical psychologist Dr Tony Hill, who sets about trying to build up a profile of her abductor before time runs out. Unfortunately the case turns into a murder inquiry with the discovery of her body, and the team are left racing to save another innocent life. Robson Green and Simone Lahbib star. (T)

10.30 ITV News; Weather. (T)

11.00 Britain's Youngest Boozers. Spotlight on the issue of teenage drinking, meeting youths whose habits can have harmful and sometimes fatal consequences. (R) (T)

12.00 Glimmerball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Los
Ricos Tambien Lloran
1505 Portugal No Coração
1715 Lingo 1800 Portugal
em Directo 2130 News
0115 Greg Anatomy 0200
The Red Violin, film

RTP2

0700 Magazine 0720
Mostra 0730 Zig Zag,
cartoons 1400 Sociedade
Civil 1530 Portugal um
Retrato Ambiental 1600
entre Nós 1630 EuroNews
1700 Peixe Vampiro 1730
Discovery Hour 1830 Fé
dos Homens 1900
Biosfera 1945 Zig Zag
2045 Yes Dear 2115
Discovery Hour 2200
News 2230 Ossos 2315
Behind the Scene 2300
Clube de Imprensa 00300
The Guardian 0145 Peixe
Vampiro 0215 Biosfera
0300 Da Terra ao Mar 0345
Consigno 0415 Sociedade
Civil

SIC

0645 Sic Kids 0830
Floribella 1000 Fátima
1300 News 1400 O
Profeta 1445 Laços de
Família 1530 Contacto
1715 Floribella 1900 Sinhá
Moça 0215 Bang Bang
0315 Ganância
TVI
0700 Diário Da Manha
1000 Você na TV 1300
News 1400 Inspector Max
1500 Anjo Selvagem 1530
Ugly Betty 2000 News
2115 Morangos com
Açúcar 2200 Tempo de
Viver 0015 The River
Wild, film

Best of the Rest

BBC3

7.00 Say No to the Knife
8.00 Anthea Turner:
Perfect Housewife 9.00
Film: Stigmata 18 (1999)
10.40 Last Man Standing
11.40 Bashing Booze
Birds 12.35 Say No to
the Knife 1.35 Last Man
Standing 2.30 Bashing
Booze Birds 3.30 Anthea
Turner: Perfect
Housewife 4.30 Close

BBC4

7.00 World News Today
7.00 Weather 7.30 Indian
School 8.00 Thoroughly
Modern 8.30
Masterpieces of the
East 9.00 Crisis at the
Castle 10.00 Office
Tigers 10.30 Togas on
TV 11.30 Crisis at the
Castle 12.30
Masterpieces of the
East 1.00 Indian School
1.30 Office Tigers 2.00
Crisis at the Castle 3.00
Indian School 3.30
Office Tigers 4.00 Close

ITV2

1.00 Emmerdale 1.30
The Jeremy Kyle Show
2.35 The Jeremy Kyle
Show 3.40 Ricki Lake
4.25 Sally Jessy
Raphael 5.15 Airline
USA 5.45 Judge Judy
7.00 The New
Adventures of Superman
8.00 Holiday Showdown
Extreme 9.00 Film:
Election 15 (1999) 11.00
Coronation Street 11.30
Katie & Peter: The Baby
Diaries 12.30 Hollywood
Lives 1.00 Sally Morgan:
Star Psychic 2.00
Glitterball: ITV Play

4.00 Teleshopping 6.00
Close

Sky One

1.00 Cold Case 2.00 24 3.00
Las Vegas 4.00 Stargate
SG-1 5.00 Stargate SG-1
6.00 Malcolm in the Middle
6.30 Malcolm in the Middle
7.00 The Simpsons 7.30 The
Simpsons 8.00 Project
Runway 9.00 Terry
Pratchett's Hogfather
11.00 Bones 12.00 Nip/Tuck
1.00 Star Trek: The Next
Generation 1.50 Star Trek:
The Next Generation 2.40
Ibiza Uncovered 3.30
Dream Team 4.20 Hex 5.10
Guilty!

UKTV Gold

1.00 Last of the Summer
Wine 1.40 The Good Life
2.20 The Vicar of Dibley
3.00 Open All Hours 3.40
Porridge 4.20 The Thin Blue
Line 5.00 Dallas 6.00
Murder, She Wrote 7.20 The
Vicar of Dibley 8.00 The
Vicar of Dibley 9.00 Waking
the Dead 11.30 The Thin
Blue Line 12.10 Open All
Hours 12.50 Porridge 1.30
Dallas 2.30 Friday Night
with Jonathan Ross 3.30
The Bill 4.20 Merseybeat
5.35 Neighbours

TCM

1.00 Bhowani Junction PG
(1956) 3.00 The Man Who
Came to Dinner U (1941)
5.10 Dodge City PG (1939)
7.05 King Solomon's Mines
U (1950) 9.00 Absence of
Malice PG (1981) 11.15
Diner 1.15 (1982) 1.15 The
Green Slime PG (1969) 2.50
Teleshopping 3.10 The
Wheeler Dealers U (1963)
The Disney Channel
Kids' programmes from

MOVIES

Sky Movies Drama

6.35 Too Close to Home
(1997) 8.15 Miss Lettie and
Me U (2002) 9.55 Between
Love and Honor PG (1995)
11.35 The Story of an
African Farm PG (2004)
With Richard E Grant. 1.25
Too Close to Home (1997)
With Judith Light. 3.05 Miss
Lettie and Me U (2002) With
Mary Tyler Moore. 4.40
Between Love and Honor
PG (1995) With Grant Show.
6.15 The Story of an African
Farm PG (2004) With
Richard E Grant. 8.00
Coach Carter 12 (2005) With
Samuel L. Jackson. 10.20
Kundun PG (1997) With
Tenzin Thuthob Tsarong.
12.40 Soul Food 15 (1997)
With Vanessa L. Williams.
2.45 Here Comes the Son
PG (1996) With Scott
Bakula. 4.25 Between Love
and Honor PG (1995)

Sky Movies Comedy

6.15 On the Nose 15 (2000)
8.05 He Said, She Said 15
(1991) 10.15 Sixty Six 12
(2006) 12.00 A Lot Like Love
12 (2005) With Ashton
Kutcher. 2.00 Harold &
Kumar Get the Munchies 15
(2005) With John Cho. 3.45
He Said, She Said 15 (1991)
With Kevin Bacon. 5.55
Emma U (1996) With
Gwyneth Paltrow. 8.00
Sixty Six 12 (2006) With
Gregg Sulkin. 9.45 A Lot
Like Love 12 (2005) With
Ashton Kutcher. 11.45
Harold & Kumar Get the
Munchies 15 (2005) With

John Cho. 1.20 Whiskey
Down 15 (1995) With Sean
Patrick Flanery. 2.55 On the
Nose 15 (2000) With Robbie
Coltrane. 4.45 Emma U
(1996)

Sky Movies Action

6.25 Angel Flight Down PG
(1996) 8.10 Down 'n Dirty 15
(2000) 9.55 Young Guns II:
Blaze of Glory 15 (1990) 11.45
Deep Impact PG (1998) With
Robert Duvall. 1.50 The
Presidio 15 (1988) With Sean
Connery. 3.35 Down 'n Dirty
15 (2000) With Fred
Williamson. 5.20 Young Guns
II: Blaze of Glory 15 (1990)
With Emilio Estevez. 7.10 The
Presidio 15 (1988) With Sean
Connery. 9.00 Deep Impact
PG (1998) With Robert
Duvall. 11.05 Sea of Love 18
(1989) With Al Pacino. 1.00
The Border 15 (1981) With
Jack Nicholson. 2.55 When
the Sky Falls 18 (1999) With
Joan Allen. 4.50 Angel Flight
Down PG (1996)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broad-

cast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Ladies European Tour
Golf 7.00 WWE: Heat 8.00
Copa America Football 10.00
Ladies European Tour Golf
11.00 Live Cricket.
Lancashire v Yorkshire.
5.30 Transworld Sport 6.30
Total Rugby 7.00 FIFA
Futbol Mundial 7.30 Copa
America Football 9.30 Golf
11.30 Copa America Football
1.30 Live Copa America
Football. Coverage of the
second semi-final (Kick-off
1.50am). 3.30 FIFA Futbol
Mundial 4.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Ocean 7.00 Aerobics Oz
Style 7.30 Ocean 8.00 Golf
Special 9.30 Motor Racing
10.00 Poker 11.30 Foot
Ball 12.00 Copa America
Football 2.00 Ladies
European Tour Golf 3.00
Golf Special 4.30 Golf 6.30
European Tour Weekly 7.00
Live Winning Post.
Coverage from Naas and
Worcester. 9.00 Equestrian
10.00 Show Jumping 10.30
Watersports World 11.30
European Tour Weekly 12.00
Equestrian 1.00 Poker 2.30
World Ten Pin Masters 3.30
Show Jumping 4.00 European
Tour Weekly 4.30 Close

Sky Sports 3

7.30 World Pool Masters 8.30
Equestrian 9.00 Cricket
11.00 Aerobics Oz Style
11.30 Racing News 12.00
Powerboating 1.00 Sports
Unlimited 2.00 Foot Brazil

2.30 Equestrian 3.00 World
Pool Masters 4.00 Karting 4.30
WWE: Bottom Line 5.30
WWE: Afterburn 6.30 World
Ten Pin Masters 7.30 PGA
EuroPro Tour Golf 9.30 Total
Rugby 10.00 Cricket 12.00
PGA EuroPro Tour Golf 2.00
Golf 4.00 Watersports World
5.00 Close

British Eurosport

7.30 Yoz Magazine 8.00 World
Touring Car Championship
8.30 Cycling: Tour de France
9.30 Cycling 10.00 Rallying
10.30 Cycling 11.00 Football
11.30 Live Cycling: Tour de
France. A look ahead to the
fourth stage. 11.45 Cycling:
Tour de France 1.15 Live
Cycling: Tour de France.
Coverage of the fourth stage
of the tour. 5.00 Wednesday
Selection 5.05 Show Jumping
6.05 Riders Club 6.10
Wednesday Selection 6.15
US PGA Golf 7.15 European
Tour Golf 7.45 Challenge Tour
Golf 8.15 Golf Club 8.20
Sailing 8.50 Yacht Club 8.55
Wednesday Selection 9.00
Cycling: Tour de France
10.00 Athletics 11.00 Escape
11.30 Cycling: Tour de
France 12.30 Close

Sky Sports Xtra

2.00 Ocean 2.30 Poker 4.00
Ocean 4.30 Irish Greyhound
Racing 5.00 Show Jumping
5.30 Equestrian 6.30 Motor
Racing 7.30 Sailing 8.00
Cricket 10.00 Women's Pool
11.00 Sailing 11.30 Rallyzone
12.00 Motor Racing 1.00
Cricket 3.00 Cricket 5.00
Sailing 5.30 Close

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6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News. Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic. (T) BBC News. Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News. Weather. (T) 1.30 Regional News. Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News. Weather. Regional News. (T) 3.25 CBBC: 3.25 Dennis the Menace. (R) (T) Bernard. (R) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.35 Dinospapien. (T) 5.00 The Sorcerer's Apprentice. (T) 5.25 Newsround. (T)

5.35 Neighbours. Mary tricks an unsuspecting Pepper into eating a slice of cake laced with drugs, while Susan and Tom put their differences behind them. Lolly suggests a novel way to bond with Lou. (R) (T)

6.00 BBC News. Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Carly remains keen on Sean, who manages to thwart all Deano's attempts to deter her. Preeti hopes she's in with a chance with Mickey following Lli's departure. Bradley gets the wrong end of the stick when Stacey invites him round. Stella worries when Phil spends the night elsewhere, but her reaction plants doubts in his mind about their forthcoming wedding. (T)

8.00 The Big Day. Emily Badger and Paul Plowright from Doncaster are desperate to tie the knot and have saved up #15,000 for a glamorous wedding, but have been too busy caring for their two-year-old son and Emily's ailing father to set a date. The families step in and, with the help of experts Hannah Sandling and James Love, arrange a James Bond-style day. However, when the band for the reception fails to materialise the relatives must go in search of last-minute entertainment. Nick Knowles presents. (T)

9.00 True Dare Kiss. Nita returns to Smyrna Grove, where Dennis shows her footage taken by security cameras on the night Stan died and Alice's visions of people arguing become clearer during her second session with Bryce. Phil discovers there's a lot more bothering Beth than she first thought. Drama, guest starring Dawn Steele, with Paul Hilton and Pooky Quesnel. (T) BBC News at Ten O'Clock. (T)

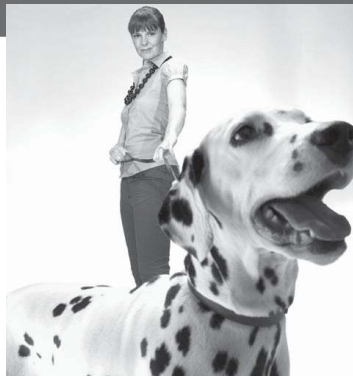
10.00 Regional News. Weather. (T)

10.35 One Foot in the Grave. The Meldrew household is gripped by the lure of the limelight as Margaret joins the local amateur dramatic society and Victor begins penning a sitcom script. Richard Wilson stars. (R) (T)

11.05 This Week. (T)

11.50 FILM: Mr Jealousy (1997). Comedy, starring Eric Stoltz; (T) Weatherview.

1.35 Sign Zone: Panorama. (R) (T) 2.05 Sign Zone: Tony, Sedgfield and Me. (R) (T) 2.35 Sign Zone: The Real Cherie Blair. (R) (T) 3.35 Sign Zone: Peter and Dan Snow: 20th Century Battlefields. (R) (T) 4.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 Do Something Different. (T) 8.00 The Sorcerer's Apprentice Extra. (T) 8.30 CBeebies: 8.30 In the Night Garden; (T) CBeebies Birthdays. (R) 9.00 Mama Mirabelle's Home Movies. (R) (T) 9.15 Something Special. (R) (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Underground Ernie. (R) (T) 10.00 Lazy Town. (R) (T) 10.30 Nero Wolfe Mysteries. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Golf: The Scottish Open. The opening day's play at Loch Lomond. (T) 6.00 Eggheads. (R) (T) 6.30 Nature's Calendar. (T) 7.00 Saving Planet Earth UK. Highlights of last week's celebrity conservation drive. Concludes next week. (T) 7.30 The Museum. Staff investigate ancient puzzles. (T) 8.00 The Alastair Campbell Diaries. Tony Blair's negotiations with Bertie Aherm. Concludes tomorrow. (T) 9.00 Mock the Week. New series of the quiz show, with Dara O'Brian. (T) 9.30 Hyperdrive. New series of the sci-fi comedy. (T) 10.00 Still Game. New series. Craiglad is gripped by a hot summer spell. (T) 10.00 Newsnight; Weather. (T) 11.20 Rome. (R) (T) 12.15 Rome. Servilia's confrontation with Atia ends in tragedy. (R) (T) 1.15 FILM: A Love Divided (1999). Drama, starring Liam Cunningham. (T) 2.50 BBC News 24. (T) 4.35 Close.

Pick of the Day

It's Me or the Dog (C4, 8.30pm)

It seems unruly canine's don't even have any respect for the celebrities among us as dog training extraordinaire Victoria Stilwell finds out in this new series of the pooch schooling show. This first instalment goes into the heart of the family of a living legend and takes a stern look at the behaviour of Bruce Forsyth's daughter's doggies. Debbie and her Yorkshire terriers were left traumatised last summer when the two dogs were kidnapped from the back of her car, returned only after a series of emotional televised appeals. The affect the ordeal has had on both pet and owner is still clearly visible and the dogs' behaviour has deteriorated unrecognisably since their distress. They bark uncontrollably at anyone who comes within 10 feet and have become so jumpy around strangers, Debbie and her partner Richard have considered moving home in search of safer and quieter pastures. Fortunately Victoria tells the couple such drastic measures won't be needed, but the expert realises she'll have to embody both trainer and counsellor if these traumatised Yorkies are going bounce back to the light-hearted family animals they once were.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 Frasier. (R) (T) 9.25 Will & Grace. (R) (T) 9.55 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 Designers Under Pressure. (R) (T) 12.00 News at Noon. (T) 12.30 British Made. (R) (T) 12.45 No Going Back: A New Life in France. (R) (T) 1.15 Channel 4 Racing from Newmarket. The 3.10 Princess of Wales's wbx.com Stakes (1m 4f). (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: No Smoking Please. A life-long smoker talks about the Government's embargo. Last in series. (T) 8.00 How Clean Is Your House? Kim and Aggie try to convert a man to their cleaning cause. (T) 8.30 It's Me or the Dog. New series. Victoria Stilwell comes to the aid of Bruce Forsyth's daughter Debbie, whose Yorkshire terriers were snatched from her car last summer and still bear the emotional scars. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 My Name Is Earl. A guilty Earl arranges a hand reunion show. (T) 10.30 Bernard Manning from Beyond the Grave. (T) 11.35 8 Out of 10 Cats. (R) (T) 12.05 Athlete: Video Exclusive. (T) 12.10 The Iraq Commission. (T) 2.15 Athlete: Video Exclusive. (R) (T) 2.20 Big Brother Live. 3.50 FILM: The Invisible Circus (2001). Drama, starring Cameron Diaz. (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Little Lodgers. (T) 6.25 Franny's Feet. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Rupert Bear. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerlotts. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Carry On Admiral (1957). Sea-bound farce. David Tomlinson stars. (T) (bw) 3.15 five news update. (T) 3.20 FILM: Beau Geste (1966). Epic drama, starring Telly Savalas. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (T) 7.00 five news. (T) 7.15 Getting on the Property Ladder. House-hunting in Newcastle; (R) (T) 7.15 five news update. 8.00 Build a New Life in the Country. Transforming a schoolhouse into an antiques centre; (T) 8.00 five news at 9. 9.00 House. A pregnant woman deteriorates after a stroke and is asked to choose between the life of her baby and her own. Meanwhile, the team expose Cameron and Chase's secret relationship. (T) 10.00 Shark. A racially charged shooting leads to street protests. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 Quiz Call. 4.00 European Drag Racing. 4.30 Motor Racing. (R) 5.10 IndyCar Series.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinson's Celebrity Deals. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Marlon and Donna are stunned when Liliith is released from prison after the case against her collapses - and it seems Eli may have played a part in the witness's sudden disappearance. Emily decides to leave the village after being forced out of her job, while Dawn's memory jeopardises Terry and Andrea's fledgling relationship. (T)

7.30 Luton Airport. Staff focus on security as new regulations come into operation, but that doesn't stop some passengers breaking the rules. A group of schoolchildren prepare to visit Auschwitz, and there's an emotional reunion as a couple greet their soldier grandson as he arrives home from Iraq just in time for his birthday. (T)

8.00 The Bill. After making a complaint about Gina's bullying behaviour, Emma is embarrassed to find herself working alongside the inspector on a tricky rape allegation in which the evidence does not seem to add up. CID learn of a big drugs deal being arranged in the cafe where Lewis's cousin works and prepare to swoop - but they are not prepared for what they find when the Sken gang turn up. (T)

9.00 Superize Kids: Britain's Tallest Teens. The highs and lows of three of the nation's tallest teenagers. Nineteen-year-old Paul Sturges stands at 7ft 7, and looks set to become the world's tallest man - as well as a millionaire basketball star in America. Less lucky are 7ft 3 Chris Lister, whose height has brought him medical problems, and 6ft 1 Tara Savage, who needs to take drugs which could prevent her having children of her own. (T)

10.00 Tarrant on TV. Chris Tarrant explores the wacky world of global television. (T)

10.30 ITV News; Weather. (T)

11.00 News Knight with Sir Trevor McDonald. (R) (T)

11.35 Natasha Bedingfield's Playlist. Jayne Middlemiss talks to the singer as she selects five tracks from the past and makes a dedication to someone special. (T)

12.00 Glitterball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal
0900 Natal dos Hospitais
1300 News 1415 Sign Zone:
2000 News 2000 News
2245 Um Contra Todos
Switching Channels, film
0625 Boletim das Pescas
RTP2
0700 Magazine 0720
Mostrar! 0730 Zig Zag
cartoons 1400 Sociedade
Civil 1530 Portugal, Um
Retrato Ambiental 1600
entre Nós 1630
EuroNews 1700 National
Geographic 1730
Discovery Hour 1830 Fé
dos Homens 1900
Initiative 1945 Zig Zag
2045 Yes Dear 2145
Discovery Hour 2200
News 2230 The Twilight
Zone 2330 A Revolta dos
Pastéis 0100 Film TBA
0530 Euronews

SIC
0645 Sic Kids
0830 Floribella 1000
Fátima 1300 News 1400
O Profeta 1445 Laços de
Família 1530 Contacto
1715 Floribella 2045
News 2000 News 2145
Floribella 2215 Cobras &
Lagartos 2315 Jura
TVI
1000 Diário Da Manhã
0700 Você na TV 1300
News 1400 Inspector
Max 1500 Anjo Selvagem
1600 Quem Quer Ganhar
1800 Morangos com
Açúcar 2115 Morangos
Com Açúcar 2215 TVI
Gala 0015 Dr House 0130
Cartaz das Artes 0430
CSI

BBC3

7.00 Anthea Turner: Perfect
Housewife 8.00 Honey
We're Killing the Kids 9.00
Make Me a Baby 10.00
EastEnders 10.30 Bashing
Booze Birds 11.25 Film:
Stigmata 18 (1999) 1.00
Honey We're Killing the Kids
2.00 Bashing Booze Birds
2.55 Anthea Turner: Perfect
Housewife 3.55 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 In Concert:
Neil Diamond 8.10 The
Avengers 9.00 London
Calling: Inside the BBC
World Service 10.00 Tina
Brown Talks to Kirsty Wark
10.30 The Cult Of 11.00
Children's TV on Trial 12.00
London Calling: Inside the
BBC World Service 1.00
Every Prime Minister Needs
a Willie - Or How to Be a
Deputy 2.00 London Calling:
Inside the BBC World
Service 3.00 Children's TV
on Trial 4.00 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40
Ricki Lake 4.25 Sally Jessy
Raphael 5.15 Airline USA
5.45 Judge Judy 7.00 The
New Adventures of
Superman 8.00 No Place
Like Home? 9.00 Katie &
Peter: The Baby Diaries
10.00 Film: Bird on a Wire 15
(1990) 12.05 Katie & Peter:
The Baby Diaries 1.05
Glitterball: ITV Play 4.00
Teleshopping 6.00 Close

Sky One

1.00 Cold Case 2.00 24 3.00
Las Vegas 4.00 Stargate

SG-1

5.00 Stargate SG-1 6.00
Malcolm in the Middle 6.30
Malcolm in the Middle 7.00
The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
8.30 The Simpsons 9.00 Las
Vegas 10.00 Cold Case 11.00
Bones 12.00 Nip/Tuck 1.00
Time Gentlemen Please 1.30
Star Trek: The Next
Generation 2.25 Las Vegas
3.20 Ibiza Uncovered 4.10
Hex 5.00 Futurama:
Welcome to the World of
Tomorrow 5.10 Dream Team
UKTV Gold

1.00 Last of the Summer
Wine 1.40 Last of the Summer
Wine 2.20 The Good Life 3.00
Open All Hours 3.40 Porridge
4.20 The Thin Blue Line 5.00
Dallas 6.00 Murder, She
Wrote 7.00 The Vicar of
Dibley 8.00 New Adventures
of Old Christine 9.30 New
Adventures of Old Christine
9.00 The Catherine Tate Show
9.40 Only Fools and Horses
11.20 The Thin Blue Line 12.00
Prison Break 1.00 Prison
Break 2.00 Friday Night with
Jonathan Ross 3.30 Yes
Minister 4.00 As Time Goes
By 4.30 Merseybeat 5.35
Neighbours

TCM

1.15 The Last Voyage PG
(1960) 3.00 Singin' in the
Rain U (1952) 5.00 Where
the Boys Are PG (1960) 6.55
The Year of Living
Dangerously PG (1982) 9.00
The Searchers U (1956) 11.10
The Dirty Dozen 15 (1967)
1.55 Freaks 15 (1932) 3.00
Teleshopping 3.20 Savage
Messiah 18 (1972)

The Disney Channel

Kids' programmes from 7am,
except:

Sky Movies Drama

6.00 Roseanne: An Unauthorized
Biography 12 (1994) 7.45 Her Own
Rules PG (1998) 9.30 Desperate
Justice PG (1993) 11.10 A Father's
Son PG (1999) With John
Schneider. 12.50 A Civil Action 15
(1998) With John Travolta. 2.50
Roseanne: An Unauthorized
Biography 12 (1994) With Denny
Dillon. 4.25 Drama Close Up 4.55
Her Own Rules PG (1998) With
Melissa Gilbert. 6.25 Desperate
Justice PG (1993) With Lesley Ann
Warren. 8.00 A Civil Action 15
(1998) With John Travolta. 10.00
Stay 18 (2005) With Ewan
McGregor. 12.45 The United States
of Leland 15 (2002) With Don
Cheadle. 1.35 Gypsy Woman 15
(2001) With Jack Davenport. 3.05
Obsessed 12 (2002) 4.40 A Father's
Son PG (1999)

Sky Movies Comedy

6.50 The Pirates of Penzance U
(1982) 8.50 Saving Grace 15 (1999)
10.35 Mastermind PG (1976) 12.10
The Top 10 Show 12.30 American
Dreamz 12 (2006) With Hugh Grant.

2. 3.0
Team
America:
World
Police 15
(2004)
With
Trey
Parker.
4. 2.0
Shogirl
15 (2005)
With
Claire
Danes.
6. 1.5
Home for



the Holidays

15 (1995) With Holly
Hunter. 8.00 American Dreamz 12
(2006) With Hugh Grant. 10.00
Team America: World Police 15
(2004) With Trey Parker. 11.40
Shogirl 15 (2005) With Claire Danes.
1.30 Home for the Holidays 15
(1995) With Holly Hunter. 3.15 Saving
Grace 15 (1999) 4.50 The Pirates of
Penzance U (1982)

Sky Movies Action

6.25 Volcano: Fire on the Mountain
PG (1997) 8.10 Pacific Heights 15
(1990) 10.00 Chill Factor 15 (1999)
11.45 Chain Reaction 12 (1996)
With Keanu Reeves. 1.35 Lord of
War 15 (2005) With Nicolas Cage.
3.40 Pacific Heights 15 (1990) With
Michael Keaton. 5.25 Chill Factor 15
(1999) With Cuba Gooding Jr. 7.10
Chain Reaction 12 (1996) With Keanu
Reeves. 9.00 Lord of War 15 (2005)
With Nicolas Cage. 11.05
Commando 18 (1985) With Arnold
Schwarzenegger. 12.40 The Young
Americans 18 (1993) With Harvey
Keitel. 2.40 Back in Business 18
(1997) With Brian Bosworth. 4.30
Volcano: Fire on the Mountain PG
(1997)

Sky Sports 1

6.00 Total Rugby 6.30
European Tour Weekly 6.30
WWE: Experience 8.00 Copa
America Football 10.00 FIFA
Futbol Mundial 10.30 Total
Rugby 11.00 Motor Racing
12.00 European Tour Weekly
12.30 FIFA Futbol Mundial
1.00 Copa America Football
3.00 Motor Racing 4.00
Transworld Sport 5.00
Premier League World 5.30
Copa America Football 7.30
Live Super League. Wigan
Warriors v Leeds Rhinos
(Kick-off 7.45pm). 10.30
Copa America Football 12.30
Premier League World 1.00
Super League 3.00 Premier
League World 3.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Ocean 7.00 Aerobics Oz
Style 7.30 Ocean 8.00 Golf
10.00 PGA EuroPro Tour Golf
12.00 Beach Volleyball 1.00
Poker 2.30 Watersports
World 3.30 Total Rugby 4.00
Rallyzone 4.30 Karting 5.00
Race World 6.00 ATP Tennis
6.30 Transworld Sport 7.30
Premier League World 8.00
Copa America Football 10.00
Race World 11.00 Karting
11.30 IAAF Athletix Weekly
12.00 Equestrian 12.30 ATP
Tennis 1.00 Transworld Sport
2.00 IAAF Athletix Weekly
2.30 Close

Sky Sports 3

6.30 Rallyzone 7.00 Cricket
9.00 Cricket 11.00 Show
Jumping 11.30 Racing News
12.00 Watersports World

1.00 World Ten Pin Masters

2.00 Show Jumping 2.30
Equestrian 3.30 Irish
Greyhound Racing 4.00 World
Ten Pin Masters 5.00 WWE:
Hate 6.00 Irish Greyhound
Racing 6.30 IAAF Athletix
Weekly 7.00 Live Winning
Post. Coverage from
Fairhouse and Folkestone.
9.00 WWE: Late Night - Raw
11.00 Extreme Championship
Wrestling 12.00 Race World
1.00 Beach Volleyball 2.00
Close

British Eurosport

7.30 Show Jumping 8.30
Cycling: Tour de France 9.30
Cycling 10.00 MotoGP 10.30
International Football 11.30
Live Cycling: Tour de France.
A look ahead to the fifth stage.
11.45 Cycling: Tour de France
1.15 Live Cycling: Tour de
France. Coverage of stage
five. 5.00 Cycling 5.30
Athletics 7.00 International
Football 8.00 MotoGP 8.45
Cycling: Tour de France 9.45
Live International Football.
The Under-20s World Cup. 11.45
Volleyball 12.30 Close

Sky Sports Xtra

2.30 Sports Adventure 3.00
Beach Volleyball 4.00 Ocean
4.30 Bass Fishing 5.30 Sports
Adventure 6.00 Equestrian
6.30 Beach Volleyball 7.30
Sailing 8.00 Cricket 10.00
Beach Volleyball 11.00 Sailing
11.30 Sports Adventure 12.00
Women's Pool 1.00 Cricket
3.00 Ocean 3.30 Sports
Adventure 4.00 Sailing 4.30
Close

IMMEDIACY!

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6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Dennis the Menace. (R) (T) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.30 Raven. (T) 5.00 The Sorcerer's Apprentice. (T) 5.25 Newsround. (T)

5.35 Neighbours. Sky's belief in Terrence's psychic abilities leads her to steal Stingray's ashes, while Allan gives Janelle an engagement ring. Paul is taken in by Elle and Oliver's scheme. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 My Family. Ben finds out that all his daughter's suitors are part-time tutors and Susan discovers that employing elder's son Nick is not for the faint-hearted. Domestic comedy, starring Robert Lindsay, Zoe Wamaker, Kris Marshall and Daniela Denby-Ashe. (R) (T)

8.00 EastEnders. Stella is taken aback when Ben arrives home with a new attitude, but it's not long before she puts him in his place. Deano apologises to Sean and Carly, but Chelsea is still on the warpath. Pat reacts violently when Shirley spoils her poker game and Mickey realises Wellard is being held for ransom. (T)

8.30 DIY SOS. A team of experts assist amateurs whose projects have gone horribly wrong, while viewers are offered the chance to decide which one of three families deserves to be helped next. (T)

9.00 New Tricks. A man wrongly convicted of burning down a school is released, and seeks Hafford's help in tracking down the real culprit. Standing meets a woman who claims to be his daughter (played by Dennis Waterman's real-life daughter Hannah) but Lane is not convinced she's telling the truth. Pullman is offered a promotion to head of the Murder Squad. Kevin Whately guest stars. (R) (T)

10.00 BBC News at Ten O'Clock. (T)
10.30 Regional News; Weather. (T)
10.35 Lenny Henry: So Much Things To Say. The comedian's one-man show juxtaposes Tony Blair's reaction to the Iraq war with the opinions of an Anglo-Caribbean family living in Willesden. Characters include Mr Lister the self-deprecating shopkeeper, his wife Rachel, who reminisces about losing her virginity, their son Daniel who is serving in Iraq and Lister's old party pal who's now stuck in an old people's home. (T)

11.35 FILM: Kevin and Perry Go Large (2000). Comedy, starring Harry Enfield. (T)

12.50 FILM: Puppet on a Chain (1970). Action thriller, starring Sven Bertil Taube; (T) Weatherview. 2.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 Do Something Different. (T) 8.00 The Sorcerer's Apprentice Extra. (T) 8.30 CBeebies: 8.30 In the Night Garden; (T) CBeebies Birthdays. (T) 9.00 Mama Mirabelle's Home Movies. (R) (T) 9.15 Something Special. (R) (T) 9.30 Big Cook Little Cook. (R) (T) 9.50 Underground Ernie. (R) (T) 10.00 Lazy Town. (R) (T) 10.30 Nero Wolfe Mysteries. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Golf: The Scottish Open. The second day's play at Loch Lomond. (T) 6.00 Eggheads. (R) (T) 6.30 Nature's Calendar. (T) 7.00 The Alastair Campbell Diaries. The former Downing Street media chief recalls the events of September 11 2001 and those that followed, including the invasion of Afghanistan and Dr David Kelly's death. Last in series. (T) 8.00 BBC Proms 2007. The first night of the 113th season. The BBC Symphony Orchestra under chief conductor Jiri Belohlavek perform works by Walton, Elgar and Beethoven. Presented by Charles Hazlewood. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. 11.35 T in the Park 2007. (T) 1.35 Star Trek. (R) (T) 2.25 Star Trek. (R) (T) 3.15 FILM: The Big Wheel (1949). Racing adventure, starring Mickey Rooney. (T) (bw) 4.50 Close.

Pick of the Day

Midsomer Murders (ITV1 Granada, 8.30pm)

Which British drama celebrates its 10th anniversary this year, has featured 113 murders, six suicides, five deaths from natural causes and eight accidents, and is watched in more than 200 countries, from Afghanistan to Zambia? The answer is Midsomer Murders, a series which takes place in some of the most picturesque - and dangerous - locations in TV land. The scenery may be beautiful, but the activities of the local residents certainly aren't. Instead, they think nothing of devising a grisly murder or two in an attempt to resolve all their problems. In this classic offering from 2003, the body of book-dealer Julian Shepherd is found in a lake, and evidence suggests he killed himself because all his cash was tied up in millionaire Charles Edmontson's (Richard Todd) invention for a fuelless transport system. However, when another man dies after trying to steal peregrine eggs from Edmontson's wife's birds, it appears that foulplay is afoot. As ever, John Nettles heads the cast as Detective Chief Inspector Tom Barnaby, while good support comes from Daniel Casey as Detective Sergeant Gavin Troy.

C4

6.10 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 9.55 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 Proud Parents. (R) 12.00 News at Noon. (T) 12.30 British Made. (R) 12.45 No Going Back: A New Life in France. (R) (T) 1.15 Channel 4 Racing from Newmarket and York. Including the 3.10 Darley July Cup (6f). (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 The Insider. (T) 8.00 A Place in Spain: Costa Chaos. Dawn and Rocco's agents realise they are in trouble. (T) 8.30 Big Brother. Davina McCall presents highlights of the past 24 hours in the house, then reveals the name of the next evictee. (T) 9.30 8 Out of 10 Cats. Alan Cumming joins host Jimmy Carr and team captains Sean Lock and Jason Manford on the irreverent and topical panel show that uncovers what is really going on in Britain today. (T) 10.00 Big Brother. Eviction interview. (T) 10.35 The Friday Night Project. (T) 11.35 Big Brother's Big Mouth. 12.10 4Music: The Album Chart Show. 12.40 4Music: Festival Postcards: Latitude. (R) 12.50 4Music: Road to V 2007. (T) 1.10 Big Brother Live. 3.45 Goalissimo. 4.35 Transworld Sport. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Little Lodgers. (T) 6.25 Franny's Feet. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hana's Helpline. (T) 7.30 Rupert Bear. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Home and Away. (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 FILM: Caravan to Vaccaries (1974). Action thriller, starring Charlotte Rampling. (T) 3.35 five news update. (T) 3.40 FILM: Open House (2003). Drama, starring Christine Lahti. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Becker. (R) (T) 7.00 five news. (T) 7.30 Built for the Kill: Miniature Assassins. The animal kingdom's tiniest hunters; (R) (T) 7.30 five news update. 8.00 Nigel Marven's Piranha Adventure. The truth behind the ferocious fish; (R) (T) 8.00 five news at 9. 9.00 NCIS. A naval commander and his bullet-riddled boat are washed ashore near the bodies of two drug-traffickers, but Gibbs is sure the sailor was not a crook. Emilie de Ravin guest stars. (R) (T) 10.00 Law & Order. A gang leader is stabbed in a prison scuffle. (R) (T) 11.00 The Shield. (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinson's Celebrity Deals. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of Golden Balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Marlon and Donna bid a sad farewell to the children as they leave for Ireland with Liith, before Eli turns up at Tall Trees demanding to stay the night. Terry struggles to explain the memorial service to TJ, who expects Dawn to be there, while Diane panics about Billy's impending return. (T)

7.30 Coronation Street. Tyrone suspects the worst when he sees a stranger acting suspiciously outside the Duckworths' - until Jack and Vera introduce him as their grandson Paul. Liz regrets blurring out the truth to Linda, while Carla asks Rosie to make up files for all the factory employees - and as soon as she sees Joanne's, she sacks her on the spot. (T)

8.00 Teen Cash Class: Tonight. Money expert Martin Lewis goes back to school to teach children the financial acumen they'll need to help break the borrowing and spending habits that have pushed older generations to record levels of debt. (T)

8.30 Midsomer Murders. When the body of a book dealer is found in a lake, all the clues seem to suggest he committed suicide because all his money was tied up in a local millionaire's latest invention - but a second grisly find raises suspicions that foul play is at work. Detective drama, starring John Nettles, Daniel Casey, Kate Buffery and Richard Todd. (R) (T)

10.30 ITV News; Weather. (T)
11.00 Supernatural. New series. In the aftermath of the car crash, the surviving Winchester goes to the hospital, where Dean is stalked by a grim reaper and John makes a deal with the demon to save his son's life. Fantasy drama, starring Jensen Ackles and Jared Padalecki. (T)

12.00 Glimmerball; ITV News Headlines. 4.10 Cruise Ship. (R) (T) 4.30 Cruise Ship. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom dia Portugal
1000 Praça da Alegria 1300
News 1410 Lo Ricos
Tambien Loran 1530
Marco Paulo - 40 Anos de
Amor Eterno 1715 Lingo
1800 Portugal em Directo
1915 O Preço Certo 1955
Direito de Antena 2000
News 2330 Final Analysis,
film 0130 Jeepers
Creepers II, film

RTP2
0700 EuroNews 0715 Zig
zag 1400 Sociedade Civil
1530 O Lugar da História
1600 Entre Nós 1630
Euronews 1700 Lendas
Vivas de Além Mar 1730
Discovery Hour 1830 A
Fé dos Homens 1900 Haja
Saúde 1945 Zig Zag 2045
Yes Dear 2115 Discovery
Hour 2200 News 0015 Film
TBA
SIC
0645 Sic Kids
0830Floribela 1000 Fátima
1830 News 1400 O Profeta
1445 Laços de Família
1530 Contacto 1715
Floribella 1900 Sinha Moça
2000 News 2145 Floribella
2215 Cobras & Lagartos
0145 Showdown Little
Tokyo, film

TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News
14000 Inspector max 1500
Anjo Selvagem 1600 Quem
Quer Ganhar 1800
Morangos com Açúcar
2000 News 2115 Euro
Milhões 2130 Morangos
com Açúcar 2215 Tempo
de Viver 2330 Fala-me de
Amor 0130 Film TBA

Best of the Rest

BBC3
7.00 Doctor Who 7.50 Doctor
Who Confidential 8.30 Bash 9.00
Little Britain 9.30 Gavin and
Stacey 10.00 EastEnders 10.30
Two Pints of Lager and a Packet
of Crisps 11.00 Two Pints of
Lager and a Packet of Crisps
11.30 Family Guy 11.50 Family
Guy 12.15 Touch Me, I'm Karen
Taylor 12.45 Gavin and Stacey
1.15 Two Pints of Lager and a
Packet of Crisps 1.45 Two Pints
of Lager and a Packet of Crisps
2.10 Touch Me, I'm Karen Taylor
2.40 Bash 3.10 Sex - with Mum
and Dad 4.10 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Wainwright: The
Man Who Loved the Lakes 8.30
Encountering Bergman: Arena
9.10 Film: Journey into Autumn
(1955) 10.30 Bergman and Faro
Island: Arena 11.30 The Avengers
12.25 Gay MPs: Pride and
Prejudice in Politics 11.15 Masters
and Commanders: No 10 and the
Generals 2.15 Bergman and Faro
Island: Arena 3.15 Encountering
Bergman: Arena 3.55 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy
Kyle Show 2.35 The Jeremy Kyle
Show 3.40 Ricki Lake 4.25 Sally
Jessy Raphael 5.15 Airline USA
5.45 Judge Judy 7.00 The New
Adventures of Superman 8.00
Big Day 8.30 America's Got
Talent 10.00 America's Got
Talent: Results 11.00 Katie &
Peter: The Baby Diaries 12.00
Coronation Street 12.30
Entourage 1.00 Entourage 1.30
Glitterball: ITV Play 4.00
Teleshopping 6.00 Close

Sky One
1.00 Cold Case 2.00 24 3.00 Las
Vegas 4.00 Stargate SG-1 5.00

Stargate SG-1 6.00 Malcolm in
the Middle 6.30 Malcolm in the
Middle 7.00 The Simpsons 7.30
The Simpsons 8.00 The Simpsons
8.30 Futurama 9.00 A Town Called
Eureka 10.00 Film: In The Spider's
Web (2006) 11.40 Bones 12.40
Pirate Master 1.40 Star Trek: The
Next Generation 2.35 Star Trek:
The Next Generation 3.30 Hex
4.20 Dream Team 5.10 Guilty!
5.35 Malo Korrigan

UKTV Gold
1.00 The Vicar of Dibley 2.00 The
Vicar of Dibley 3.00 Open All
Hours 3.40 Porridge 4.20 The
Thin Blue Line 5.00 Dallas 6.00
New Adventures of Old Christine
6.30 New Adventures of Old
Christine 7.00 The Vicar of Dibley
8.00 The Vicar of Dibley 9.00
Keeping Up Appearances 9.40
Open All Hours 10.20 EuroMillions:
Boom Bang a Bang 10.30 Film:
Spy Hard PG (1996) 12.10 The
Vicar of Dibley 1.10 Blackadder
the Third 1.50 Open All Hours
2.25 Friday Night with Jonathan
Ross 3.25 Dallas 4.15 Yes
Minister 4.50 Merseybeat 5.35
Neighbours

TCM
1.05 In the Good Old Summertime
U (1949) 3.00 Viva Las Vegas U
(1964) 4.35 The VIPs U (1963)
6.50 The Naked Spur PG (1953)
8.30 The Screening Room 9.00
Frantic 15 (1988) 11.20 Logan's
Run PG (1976) 1.35 Escape from
Port Bravo U (1953) 3.15
Teleshopping 3.35 The Fighting
69th U (1940)

The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Jump In! U
(2007) Drama, starring Corbin
Bleu. 9.30 Film: Jump In! U
(2007) Drama, starring Corbin
Bleu.

MOVIES

Sky Movies Drama

6.20 Redemption of the
Ghost PG (2001) 8.15 Anna's
Dream PG (2002) 9.45
Victim of Love PG (1993)
11.25 Nurses on the Line:
The Crash of Flight 7 PG
(1993) With Lindsay
Wagner. 1.05 Redemption
of the Ghost PG (2001) With
Diane Ladd. 3.00 Anna's
Dream PG (2002) With
Lindsay Marie Felton. 4.30
Victim of Love PG (1993)
With Dwight Schultz. 6.15
Nurses on the Line: The
Crash of Flight 7 PG (1993)
With Lindsay Wagner. 8.00
Evita PG (1998) With
Madonna. 10.20 The Devil's
Advocate 18 (1997) With Al
Pacino. 12.45 Twilight 15
(1998) With Paul Newman.
2.25 The Third Miracle 15
(1999) With Ed Harris. 4.25
Victim of Love PG (1993)

Sky Movies Comedy

6.45 Nine Months 12 (1995)
8.35 The Wedding Singer PG
(1998) 10.15 Man of the
House 12 (2005) 12.00 Kinky
Boots 12 (2005) With
Chiwetel Ejiofor. 1.50
Pleasantville 12 (1998) With
Tobey Maguire. 4.05 Nine
Months 12 (1995) With Hugh
Grant. 5.55 The Birdcage 15
(1996) With Robin Williams.
8.00 Kinky Boots 12 (2005)
With Chiwetel Ejiofor. 10.00
Man of the House 12 (2005)
With Tommy Lee Jones.
11.45 Pleasantville 12
(1998) With Tobey Maguire.
1.55 The Wedding Singer PG
(1998) With Adam Sandler.

3.35 Twin Town 18 (1997)
5.20 Till There Was You PG
(1997)

Sky Movies Action

6.05 Captive 15 (1998) 7.55
The Constant Gardener 15
(2005) 10.10 Force of
Impact PG (2005) 11.55
Diplomatic Siege 15 (1999)
With Tom Berenger. 1.45
Captive 15 (1998) With
Richard Grieco. 3.30 The
Constant Gardener 15
(2005) With Ralph Fiennes.
5.45 Diplomatic Siege 15
Nurses on the Line: The
Crash of Flight 7 PG (1993)
With Lindsay Wagner. 8.00
Evita PG (1998) With
McQuade 18 (1983) With
Chuck Norris. 10.50 Sin
City 18 (2005) With Mickey
Rourke. 12.55 Lone Wolf
McQuade 18 (1983) With
Chuck Norris. 2.45 Body
of Evidence 18 (1992) With
Madonna. 4.40 Force of
Impact PG (2005)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Transworld Sport 7.00
WWE: Raw 9.00 Super League
11.00 Premier League World
11.30 ATP Tennis 12.00 Race
World 1.00 Super League 3.00
ATP Tennis 3.30 IAAF Athletics
Weekly 4.00 Premier League
World 4.30 Live Cricket.
Worcestershire v Hampshire.
8.00 Live Super League.
Bradford Bulls v St Helens
(Kick-off 8.00pm). 10.00 Live
Friday Night Fight. Leva
Kirakosyan v Carl Johansson.
12.00 Super League 3.30 Rally
World 2.00 Friday Night Fight
4.00 Super League 5.30 Rally
World

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Ocean 7.00 Aerobics Oz Style
7.30 Ocean 8.00 Race World
9.00 Ocean 9.30 IAAF Athletics
Weekly 10.00 World Pool
Trickshots 12.00 Beach
Volleyball 1.00 Ocean 1.30 IAAF
Athletics Weekly 2.00 World Pool
Trickshots 4.00 Super League
6.00 Ocean 6.30 Moto Plus 7.00
Tight Lines 8.00 Live Cricket.
Worcestershire v Hampshire.
10.00 Tight Lines 11.00 Moto
Premiership Years 3.00 Beach
Volleyball 4.00 Ocean 4.30 Sports
Adventure 5.00 World Sport 5.30
Rallyzone 6.00 Motor Racing
6.30 Beach Volleyball 7.30 Sailing
8.00 Premiership Years 10.00
Beach Volleyball 11.00 Sailing
11.30 POKER Week 12.00 Rally
World 12.30 Moto Plus 1.00
Ocean 1.30 World Sport 2.00
Tight Lines 3.00 Ocean 3.30
Poker Week 4.00 Sailing 4.30
Tight Lines 5.30 Irish Greyhound
Racing

Sky Sports 3

8.00 IAAF Athletics Weekly 8.30
Equestrian 9.00 Cricket 11.00
Aerobics Oz Style 11.30 Racing
News 12.00 Transworld Sport
1.00 Karting 1.30 Premier
League World 2.00 Rallyzone

2.30 Equestrian 3.00 Transworld
Sport 4.00 Race World 5.00
WWE: Raw 7.00 Rally World
7.30 World Sport 8.00 World
Pool Trickshots 10.00 WWE: Late
Night - Smackdown 12.00 WWE:
Late Night - Bottom Line 1.00
Premiership Years 3.00 Motor
Racing 4.00 World Ten Pin
Masters 5.00 Beach Volleyball

British Eurosport

7.30 Escape 8.00 International
Football 9.30 Volleyball 10.30
Cycling: Tour de France 11.30
Live Cycling: Tour de France. A
look ahead to the sixth stage.
11.45 Live MotoGP. The 125cc
practice session for the German
Grand Prix. 12.45 Live MotoGP
The German Grand Prix MotoGP
practice session. 1.45 Live
Cycling: Tour de France.
Coverage of stage six. 5.00
Live Beach Volleyball. The men's
Berlin Grand Slam quarter-finals.
7.00 Rallying 7.30 MotoGP 9.00
Cycling: Tour de France 10.00
Yoz Magazine 10.30 MotoGP
11.30 Volleyball 12.30 Close

Sky Sports Xtra

8.30 Sports Adventure 9.00
Premiership Years 11.00 Motor
Racing 12.00 Bass Fishing 1.00
Plus 11.30 ATP Tennis 12.00
Volleyball 4.00 Ocean 4.30 Sports
Adventure 5.00 World Sport 5.30
Rallyzone 6.00 Motor Racing
6.30 Beach Volleyball 7.30 Sailing
8.00 Premiership Years 10.00
Beach Volleyball 11.00 Sailing
11.30 POKER Week 12.00 Rally
World 12.30 Moto Plus 1.00
Ocean 1.30 World Sport 2.00
Tight Lines 3.00 Ocean 3.30
Poker Week 4.00 Sailing 4.30
Tight Lines 5.30 Irish Greyhound
Racing



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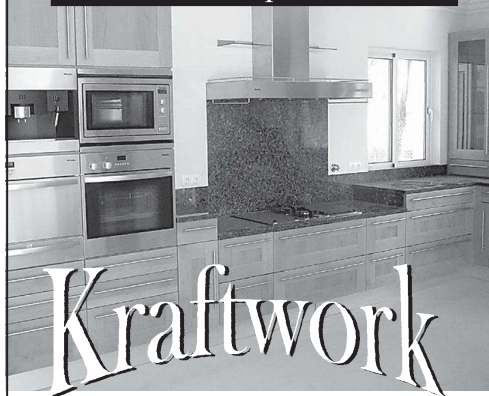
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Upward Glance

with Joyce Voelker

What a Friend we have in Jesus

Joseph Scriven is not a name that rings a bell with many people today. He was born in Dublin, Ireland in 1819. As a young man he fell in love with a lovely young woman whom he planned to marry. On the evening before their wedding, she accidentally drowned. Scriven never fully recovered from the shock of her death. Instead, the grief-stricken man began to wander, hoping to forget his sorrow.

At the age of 25, Scriven settled in Canada. His faith led him to do menial tasks for poor widows and sick people. He found meaning in life by performing manual tasks for people who could not afford to pay his wages. The people in the community regarded him as a kind man, though a bit odd.

Later in his life, Joseph Scriven fell in love again and planned to marry a Canadian woman. Again tragedy struck. His fiancé died after contracting pneumonia. Again Scriven was grief stricken and only found purpose and hope in life by continuing to do menial tasks in service to those who could not pay him anything. Others have written of Joseph that he took the *Sermon on the Mount* in Matthew 5 quite literally. This way of life brought peace and contentment to

Scriven's sorrow-filled life.

In 1855, Scriven was ill when a friend visited him. The friend discovered a poem that Scriven had written to his ailing mother in faraway Ireland. Scriven did not have the money to visit her but sent her the poem hoping it would encourage her. Scriven never intended for the poem to be published. However, his friend saw it as something that could bring encouragement and hope to many. The poem made its rounds and was set to music in 1868 by musician Charles Converse, who titled it "What a Friend We Have in Jesus." It has since become one of the greatest hymns of the Christian faith.

Joseph Scriven died in 1886. In his memory, the town of Port Hope, Ontario erected a monument with this inscription from that famous song: "In His arms He'll take and shield thee. Thou wilt find a solace there." Through the words of this poem turned hymn, centuries of people have found comfort and hope in an eternal friendship with Jesus.

More information about how to have a relationship with God can be found at www.rbc.org/personal-relationship_with_god/page_email joycevoelker@hotmail.com

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The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9.30 every Sunday. Info Rosie Baden-Powell 289 238302; St. Luke's, Monte da Palhagreira, Sorpes (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; Luz Senora da Luz Holy Communion 12.00 every Sunday, Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

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THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almancil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, please contact the International Catholic Community of Almancil (Griseleda Neto on 966168120 or Vitor on vgn@dompor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipra Shopping Centre near the church. Tel 282 461 985

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INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel. 282-086804 or 282-697546.

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SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

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LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

HELP THE orphans. Visit the bazaar in aid of the children in need. Find us in Estoi, opposite palace gates, Wed. to Sat. 10am - 5pm. Mobile 966 573 272, Tel.: 289 991 319 or 289 721 938.

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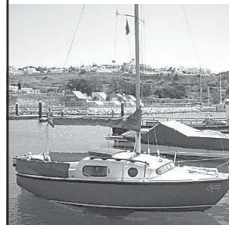
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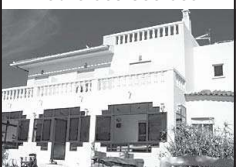
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Vanessa Fernandes claims fourth European Championship



Portugal's world number one Vanessa Fernandes continues to rewrite triathlon history, winning her fourth consecutive European championship in Copenhagen, Denmark. In an already impressive 2007 season that includes three world cup titles, as well as a duathlon world championship, another European title never really seemed in doubt as the world number one virtually led the race from start to finish.

Fernandes wore her usual number one start number and again lived up to expectations. She was first after the swim, but had 15 women all just 11 seconds behind her, including her compatriot Anaïs Moniz, last year's junior women's champion. On the 40-kilometre bike course, Fernandes didn't push too hard and chose to stay among the leaders. She headed out onto the run with 25 other women nipping at her heels, within just 18 seconds of each other. The group contained several worthy challengers such as Nicola Spirig, Ricarda Lisk and a host of Austrians including reigning Olympic champion Kate Allen, Eva Dollinger and Tania Haiboeck.

But if there was any doubt Fernandes could falter in her bid for a fourth championship, it was quickly dismissed in the 10-kilometre run course. In typical Fernandes fashion, she pushed the pace on the run and distanced herself from the rest of the field. After the first lap, she was up 27 seconds on the chase pack that

was narrowed down to Spirig, Briton Michelle Dillon, Allen and Lisk. Mid-way through the final leg Fernandes' lead extended to 48 seconds and it was clearly evident who was going to stand atop the European podium once again.

Fernandes continued to assert herself as one of the greatest, if not the greatest, European triathlete in history, winning the title with a time of 2:02:36. She becomes the first woman to win four straight European crowns, and the first to do it since Dutchman Rob Barel won the first four men's races from 1985 to 1988.

Olympic gold medalist Kate Allen came across the line to win silver, just edging out Nicola Spirig by two seconds. Whitcombe just missed out on the podium and finished in fourth place for the second consecutive year. Moniz faded as the race wore on, but managed to cross the line in 24th spot.

The elite women's field contained 62 from 25 countries, who raced in windy and cloudy conditions.

In the men's field, Bruno Pais wasn't able to improve on last year's sixth place finish and crossed the line tenth, but compatriot Duarte Silva Marques showed a huge improvement from his 43rd place finish from one year ago. He was placed 13th, ahead of notables such as world champion Tim Don and last year's silver medalist Cedric Fleuret.

World number one Javier Gomez won his first European Championship and became the second Spaniard to win this event and the first since teammate Ivan Rana won back-to-back titles in 2002 and 2003. He adds the highly coveted title to a remarkable 2007 season that already includes a win in Lisbon and silver medals in Mooloolaba and Madrid. Gomez also derailed Frenchman Frederic Belaubre's bid for a third successive European title.

Germany came through to take the other two spots on the podium with Frodeno winning silver and Unger edging out Henning for bronze.



Will England come out on top again? Members of England's rugby team, the defending world champions, seen here practicing a line-out during their training camp at Browns in Vilamoura this week. (Photo: The Portugal News / Paul Luckman)

Rugby world champions support efforts to find Madeleine

The England Rugby squad today showed their solidarity with the family of missing Madeleine McCann by wearing T-shirts showing the toddler's face at a training camp in Portugal.

In support for parents Kate and Gerry, the players and management dispensed with their usual training tops in favour of the T-shirts for their session at Browns Sports Training Centre at Vilamoura in the Algarve. The centre is east of Praia da Luz, where four-year-old Madeleine disappeared from the family's holiday apartment on May 3.

The white T-shirts have been especially made for the squad and show Madeleine's face on the front and the Look for Maddie

logo and www.findmadeleine.com website on the back.

Kate and Gerry met England Head Coach Brian Ashton privately on Tuesday night and thanked him for the squad's gesture, which has followed the thousands of messages of support they have received in the 62 days since Madeleine's disappearance.

England Head Coach Brian Ashton said: "Yesterday was the second month anniversary of Madeleine's disappearance and the England squad wanted to show their support for Madeleine and her family at training today. Our thoughts continue to be with them and we, like everyone else, hope that Madeleine is returned safely."

Kate and Gerry said: "This is a wonderful, unprompted public demonstration of support from England's elite rugby players. We are very grateful for their encouragement and support. Thousands of people all over the world are doing everything in their power to help find Madeleine. The most powerful resource we have are the millions of eyes all over the world, looking for our lovely daughter, Madeleine. This generous gesture from the England squad we hope, will remind sports fans that Madeleine is still missing."

The England rugby team is in Vilamoura preparing to defend its World Cup title in France in September.

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